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PAGE 9



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Maurice Duncan, left, 87, his wife Norma, 86, and their friend Myer Silverstein, 87, were among about 100 seniors who took part in River Ridge Retirement Residence's prom night in Winnipeg Tuesday. SHANE GIBSON/METRO

WWII vets gather for senior prom

Party like it's 1945.

Winnipeg retirement home holds prom for those who missed their first one



SHANE GIBSON
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As high-school seniors get ready for their upcoming graduation and prom night, a group of Winnipeg seniors of a different generation got to relive the experience Tuesday night.

"We've got a dance floor, we've put up a disco ball, we've decorated, there's a band, and we'll crown a king and a queen," explained Jackie Fritz, marketing director at River Ridge Retirement Residence, one of four All Seniors Care Living Centres in the city hosting proms this week. "It's especially for the seniors that weren't able to go to their own prom

because they were serving our country during (the Second World War)."

While Myer Silverstein served in the Royal Canadian Air Force during the war, he said he missed his original prom for an altogether different reason.

"It was the Depression years and we just couldn't afford it," explained the 87-year-old, whose two granddaughters joined him as his date for his first prom. "Of course they're excited to come be with their grandpa — I'm an exciting guy."

Maurice Duncan, 87, and his wife of 63 years, Norma, 86, were looking forward to the night because they hadn't met yet when they each graduated in the mid '40s.

"We're very blessed to be able to still be together," said Norma, who laughed when asked if she'd be spiking the punch at the prom. "No, we're not party people, no."



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Ongoing investigation

Teen who was shot at in parked car still critical

Winnipeg police say they now know more about a shooting incident that has left a 17-year-old boy in critical condition.

Police were called to the scene at Sherbrook Street and Wolseley Avenue at about 1:30 a.m. Monday after a call came in about the sound of shots fired.

There, they found the teen who had been shot. He was taken to hospital in critical condition.

Police said a gun was fired at a parked vehicle and hit someone inside. The perpetrator then fled.

Members of the major-crimes unit are investigating and no arrests have been made at this time.

Police ask anyone with information to contact investigators at 204-986-6219 or Crime Stoppers at 204-786-TIPS (8477). **METRO**

Drugs, weapons found

Police raid Elmwood home

Two men are facing several weapons and drug charges after police raided an Elmwood home.

Police netted a loaded shotgun and ammunition, more than 31 grams of methamphetamine with an estimated street value of \$4,760, a stun gun, bayonet, two machetes and cash.

Sergio Vergara, 29, and Allan Lapeire, 38, are both detained and have been charged with numerous offences.

METRO

CFS. Teens leaving foster care to get more support

The Province of Manitoba says that teens transitioning out of the province's foster-care system will have more help making the move.

Family Services Minister Jennifer Howard said teens will have access to mentors and professionals with the goal of helping them with emotional support, manage their money and get their first jobs.

The support is due to a new partnership with CFS and several youth organizations.

"Children in care often face challenges growing up that

don't end just because they get older," said Howard. "I want all our children to be able to look forward to a future full of opportunities."

The program, called Building Futures, is a two-year pilot project and includes partnerships with the Canadian Mental Health Association, Community Financial Counselling Services Inc., Big Brothers Big Sisters of Winnipeg and Youth Employment Services. About 200 young people will access the program in the first year.

METRO

Teachers. Union, reserve at odds over benefits

Teachers in Manitoba who are considering a job on a First Nation west of Winnipeg are being advised to call their provincial union first about how the reserve handles their benefits.

The Manitoba Teachers' Society has put an advisory on its website about the Sandy Bay First Nation, northwest of Portage la Prairie.

The union says the band has been making appropriate payroll deductions from dozens of teachers at Sandy Bay, but is not forwarding the money to insurance compan-

ies or pension-fund administrators.

Paul Olson, president of the society, says he's aware of one retiree who is not getting access to pension funds because the band has not been making contributions to the plan.

Olson says the MTS website notice is an unusual step, and was only taken as a last resort.

Officials with the band have not commented on the advisory, but it's hoped that a solution can be found at a meeting scheduled for this Friday. **THE CANADIAN PRESS/CJOB**

To market, to market



Stefano Grande, executive director of Downtown Winnipeg BIZ, says he expects the new market to be a hit. **ELISHA DACEY/METRO**

Downtown. New farmers' market set for Thursdays aims to attract cubicle dwellers



BERNICE PONTANILLA
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A new farmers' market setting up shop in downtown Winnipeg aims to coax office workers out of their air-conditioned towers.

The market, located at the south entrance of the Manitoba Hydro building on Graham Avenue, will run on Thursdays from 11:30 a.m. to 5:30 p.m., starting July 4 and wrapping up Sept. 5.

Stefano Grande, executive director of Downtown Winnipeg BIZ, said there are 2,000 employees that work at the Hydro building and several thousands more in the immediate vicinity, so he expects the market to be a hit.

Summer afternoon plans?

The market will run on Thursdays from 11:30 a.m. to 5:30 p.m., starting July 4 and wrapping up Sept. 5.

"Friendly, fresh and flavourful — no, we're not talking about Italian men," said Grande to laughs from those assembled for Tuesday's launch.

Among the products for sale: Homemade Mexican salsas, Bavarian pretzels, bison meat, preserves, baked pies, tomatoes, apples, sweet corn, mukluks and greeting cards.

Sachit Mehra, manager of East India Company and the BIZ's marketing and events committee chair, said the market will also include performances by Manito Ahbee, Folklorama groups and Studio 393.

The market is an initiative of Downtown BIZ, the City of Winnipeg, Manitoba Hydro and CentreVenture.

1 NEWS



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The Forks. Parcel 4's future to be known by spring: Coun. Mike Pagtakhan

The chair of the city's downtown development committee said Winnipeggers can expect to know by next spring how a controversial piece of land at The Forks will be developed.

Coun. Mike Pagtakhan (Point Douglas) said an "engagement strategy" is well underway on the future of "Parcel 4," a six-hectare city property where an attempt to build a water park last year failed.

The strategy also includes another six hectares owned by The Forks, which is spearheading this initiative that will consult stakeholders such as the Canadian Museum for Human Rights, Downtown and Exchange BIZs, the aboriginal community and general public.

"If I was to guess what would be in there, I think it'll be a mixture of things: There will be green space, there will be, I think, some water amenities — I don't think there will be a water park," said Pagtakhan.

Timeline for 2013-14

- **Public engagement forums:** Ongoing until January.
- **Urban design (public green spaces):** July to November.
- **Economic development framework:** August to January.
- **Master plan development:** October to February.

Source: City of Winnipeg

"Places like courtyards for people to mingle and maybe a farmers' market, some retail, medium- to high-density housing, all of those things make sense and help keep a vibrant downtown Winnipeg."

The members of the downtown development committee received the report as information during Monday's meeting.

BERNICE PONTANILLA/METRO

Westdale Community Centre. New splash pad turning on the taps in Charleswood

On the hottest day of the year so far, the taps were turned on at the city's newest splash pad on Tuesday.

The Westdale Community Centre's new splash pad officially opened to help locals beat the 30 C heat.

The new pad was officially opened by Local Government Minister Ron Lemieux, Mayor Sam Katz and Coun. Paula Havixbeck.

The water for the splash pad will be recirculated from the nearby outdoor pool, according to a joint

550 Dale Blvd.

The half-million-dollar project, located at 550 Dale Blvd., features eight in-ground spray features, six above-ground spray features, new fencing, benches, trees and landscaping.

statement made by the province and the city Tuesday.

METRO



Fred Penner with *The Picture of Happiness* director Rae Ellen Bodie at his River Heights home, where the show will be presented Thursday, Friday and Saturday. SHANE GIBSON/METRO

Stop on by Fred Penner's place

Up close and personal. Children's music icon to host travelling Toronto musical — in his house



SHANE GIBSON
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They say the whole world's a stage, and Winnipeg children's entertainer Fred Penner is proving it this weekend by hosting a touring musical cabaret from Toronto at his

River Heights home.

The musician is opening his house for three performances of the contemporary cabaret *The Picture of Happiness*, Thursday, Friday and Saturday night, and seats for two of the intimate performances are still available.

"If you're in a theatre space you're sort of one step removed," Penner said. "When you're in a space like a kitchen ... you are literally two steps away from the artist so you're engaged on a different level than you would be in a more traditional theatrical setting."

The Picture of Happiness tells the true story of the family secrets unlocked when the show's star, Brad Hampton, finds an old photograph of his grandfather and a mystery man taken just before the Second World War in his grandmother's basement.

With the help of pianist Patti Loach, Hampton makes the connection between his life today and the life his grandfather lived in 1943 during the hour-long show.

"It's poignant, it's fun — powerful is the best way to describe it," said Penner, who has seen the show three

times in Toronto, including once at director Rae Ellen Bodie's house. "It's a very intimate piece and doing it in a small environment makes a stronger impact to the audience."

Ticket info

Tickets are still available for the Thursday and Saturday performances for \$35; students, seniors and arts workers pay \$30. Go to thepictureofhappiness.com for more info.

Bike tires, tubes now accepted for recycling in Manitoba

Manitoba's industry-led tire recycling program is now offering cyclists a free-of-charge option for breathing new air into their retired tubes and tires.

Tire Stewardship Manitoba (TSM), the not-for-profit provincial organization responsible for scrap-tire recycling, has expanded to accept old bicycle tires and tubes at par-

Quoted

"First of all, they're unsightly in ditches and streams, secondly they're prime breeding grounds for mosquitoes ... and also, in the past they've been a fire hazard, which can put toxic fumes in the air."

TSM executive director Brett Eckstein on the environmental effects of tires

participating drop-off locations provincewide.

"Tires can cause damage to the environment," explained

TSM executive director Brett Eckstein. "First of all, they're unsightly in ditches and streams, secondly they're prime breeding grounds for mosquitoes ... and also, in the past they've been a fire hazard, which can put toxic fumes in the air."

While TSM is only required by the province to collect and recycle tires from motorized

vehicles, Eckstein said they decided to open their process up to bike tires and tubes going forward because they already have the infrastructure in place to collect them.

"It's the right thing to do because there are products that can be made from recycled tires," said Eckstein, noting 10,000 tires collected from right here in Manitoba were used to

make the rubber crumble that helps give the newly opened sports field at Gordon Bell High School a realistic feel. "The tires themselves get shredded and can be used in a number of different products."

For more information and a list of the participating bike shops acting as drop-off locations, go to tirestewardshipmb.ca. SHANE GIBSON/METRO

Obama: Keystone must be in his 'nation's interest'



U.S. President Barack Obama removes his jacket before speaking about climate change Tuesday, at Georgetown University in Washington. Obama is resorting to his executive powers to tackle climate change and sidestep the partisan gridlock in Congress. CHARLES DHARAPAK/THE ASSOCIATED PRESS

Debate heats up. U.S. president says pipeline should only be approved if it doesn't spike greenhouse emissions

American authorities should only approve TransCanada's Keystone XL pipeline if they're certain it won't "significantly exacerbate" greenhouse gas emissions, U.S. President Barack Obama said Tuesday as he unveiled a national plan to combat climate change.

Quoted

"This pipeline has been the most studied pipeline in the history of the world."

Joe Oliver, Canada's natural resources minister, citing a report saying that the U.S. already has evidence the Keystone pipeline won't have an impact on emissions levels.

In a highly anticipated speech on his climate objectives, Obama weighed in on Keystone despite reports he would steer clear of the controversial project because it's in the midst of a State Department review.

"Allowing the Keystone pipeline to be built requires a finding that doing so would be in our nation's interest," he said. "And our national interest will be served only if this project does not significantly exacerbate the problem of carbon pollution."

The president's comments came as he provided details of new climate-change regulations that will cut carbon emissions at power plants and require federal projects to better prepared for extreme weather.

He'll use his executive authority to implement most of the proposals, bypassing congressional lawmakers reluctant to move on climate change.

THE ASSOCIATED PRESS

Arab Idol. Thousands turn out to greet Palestinian talent-contest champion

Huge crowds gave a chaotic welcome Tuesday to the first Palestinian winner of the Arab Idol talent contest, thronging the territory's border crossing with Egypt and the home of the singer in a Gaza refugee camp.

Mohammed Assaf's victory transformed him into a symbol of Palestinian unity, but political divisions quickly surfaced as he returned to Gaza, ruled by the Islamic militant Hamas.

"My message is national unity and ending the split," Assaf told a news conference, referring to the rivalry between Hamas and Western-backed Palestinian President Mahmoud

Abbas in the West Bank.

"I hope I have united the homeland through my songs," Assaf said at the border crossing between Egypt and Gaza.

Thousands of people waited for hours in scorching heat to catch a glimpse of Assaf. They pushed and shoved to get closer when a convoy of cars — one of them carrying the singer — drove from the Egyptian side into Gaza. Thousands more surrounded Assaf's home in the Khan Younis refugee camp, where young men danced in the streets as loudspeakers blasted his music.

THE ASSOCIATED PRESS



The winner of Arab Idol, Palestinian Mohammed Assaf, centre, arrives Tuesday at the Rafah crossing point on the border between Egypt and southern Gaza Strip. KHALED OMAR/THE ASSOCIATED PRESS

U.S. Snowden's flights set back efforts to strengthen ties with Russia, China

The White House pressed Russia Tuesday to extradite NSA leaker Edward Snowden to face espionage charges, despite Moscow's blunt rejection in a diplomatic faceoff threatening recent attempts by the two countries' presidents to strengthen their ties.

Snowden's evasion of U.S. authorities already has set back President Barack Obama's attempts to cultivate relations with China. Relations with both countries have been at the forefront of Obama's foreign-policy agenda this month. Obama met just last week with Russian



Russian President Vladimir Putin
KIMMO MANTYLA/GETTY IMAGES

President Vladimir Putin and held a two-day summit with Chinese President Xi Jinping in California this month.

THE ASSOCIATED PRESS

Environment

Schwarzenegger's NGO opens office in Algeria

Arnold Schwarzenegger is opening an office of his environmental initiative in Algeria, saying, "In real life, it's equally important that I play the Terminator and end environmental problems." THE ASSOCIATED PRESS

Whaling

Australia, Japan go to UN high court

The battle over Japan's whaling program is moving to the UN's highest court.

Australia opens its case Wednesday at the International Court of Justice, arguing Japan's annual hunt around Antarctica is an illegal commercial activity. THE ASSOCIATED PRESS

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Mauritania. Amnesty believes Canadian has been tortured in prison

Amnesty International says it supports the claims of a Canadian who alleges he has been tortured while behind bars in the North African country of Mauritania.

Alex Neve, head of Amnesty's Canadian branch, said he believes 24-year-old Aaron Yoon, who has been in prison since 2011 on terror charges.

Neve said that Yoon also told Canadian government officials who visited him that he had been tortured, so he wants to hear what they are doing about his case. Yoon denies all the charges against him.

"I would say that his torture allegations were vivid and detailed," Neve told The Canadian Press on Tuesday.

"They're certainly credible and completely consistent with the wider pattern that we've known to be the case for quite some time in Mauritania."

Yoon is accused by prosecutors of having links to the terrorists who attacked an Algerian gas plant in January.

Confession

"He was prepared to sign anything. And he did."

Alex Neve, head of Amnesty International's Canadian branch

The terrorists included two Canadians from London, Ont., who were found dead at the plant. Yoon and the two men went to the same high school.

He told Neve that he signed a bogus confession after a second round of torture.

"The first time was just a free-for-all of beatings," said Neve, describing how Yoon said he was beaten for about an hour before passing out.

On the second occasion, Yoon's hands and feet were handcuffed behind his back and tied to each other and then tightened, said Neve. Defenceless and lying stomach down in a bow shape, Yoon was beaten for about 20 minutes, he said.

"That's what broke him," said Neve. **THE CANADIAN PRESS**

Those who stayed for flood fuel frustration

High River, Alta.

Authorities, citizens blame each other for causing more harm

Kelly Dennis is unapologetic about disobeying a mandatory evacuation order and remaining in her High River, Alta., home while most residents were forced out to high ground as flood waters raged in.

"We saved it," she said Tuesday. "We had a generator pumping."

The lockdown of High River, the hardest-hit community in last week's flooding, has been a major source of tension.

The vast majority of the town's 13,000 residents left when asked last week and now want back in. About 300 stayed, and police have so far opted not to force them out.

On Tuesday, the town's mayor beseeched residents to have some understanding for the monumental recovery task.

"We do not have sanitary sewer. We have no water for those folks. We have no utilities for those folks," an animated Emile Blokland said at an afternoon update.

"When they get here, we have no gas for their cars. We don't have a grocery store open. We don't have the medical centre. We don't have protective services for them."

The people who stayed were making matters worse, said Dave Galea of the Alberta Emergency Management Agency.

Police said eight people who stayed behind have had to be rescued so far. **THE CANADIAN PRESS**



Six-year-old hippo Lobi explores the African Savannah building on Sunday at the Calgary Zoo. CONTRIBUTED/CALGARY ZOO

Zookeepers go on safari

Swimming with high-powered rifles, corralling giraffes with picnic tables and coaxing dangerous cats are some of the challenges the Calgary Zoo has had to face.

One of the more spectacular tales is that of the hippos.

According to Jake Veasey, Director of Animal Care Conservation and Research, there was a real danger of the hippos escaping, possibly even into the Bow River.

Once the water levels in the hippo enclosure flooded over, the animals swam out into the public area of the Af-

rican Savannah building.

Veasey, along with other zoo staff members, risked their lives on a number of occasions to ensure the safety of the animals and the public.

At one point, they managed to rope in a shipping container that was floating down the river to barricade the animals in.

And when one of the animals got stuck in a holding area, they were forced to create a walkway of sandbags for the belligerent beast.

Checking in on them was not an easy task, as they had

to don rifles and swim into the building, not knowing where the hippos were at any given moment.

"If we started to see buckets and bins move in a way that didn't make sense, that would alert us," said Veasey.

"There is so much debris that if a hippo submerges, you can't see them."

Although the zoo announced the loss of some peacocks and fish, there's still a danger that more animals may not make it through the coming days.

CANDICE WARD/FOR METRO IN CALGARY

Nunavut

Tourists stranded on huge ice floe

Officials were trying Tuesday to rescue tourists stuck on an ice floe in Nunavut.

Nineteen tourists and 12 hunters were trapped when a massive floe broke away from the shore. The chunk of ice floated back Tuesday afternoon. The hunters escaped but the tourists could not from their location.

A Hercules plane dropped life rafts, and the Canadian Forces were sending more aircraft.

THE CANADIAN PRESS

Montreal

New new mayor certain he won't get raided by cops

Montreal's new interim mayor is making what passes for a bold prediction these days for a politician in the city: He's confident his offices won't be targeted in any police raids.

Laurent Blanchard was crowned Tuesday, making him the city's third mayor in less than a year.

He will only hold the job until a November election.

THE CANADIAN PRESS

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Chinese workers say captive boss hasn't paid them

Chinese workers keeping an American executive confined to his Beijing medical-supply factory said Tuesday that they had not been paid in two months in a compensation dispute that highlights tensions in China's labour market. The executive, Chip Starnes of Specialty Medical Supplies, seen here Tuesday behind the bars of his office window, denied the workers' allegations of two months of unpaid wages, as he endured a fifth day of captivity at the plant.

MARK RALSTON/AFP/GETTY IMAGES

Retail. Indigo to launch stores outside Canada in two years

Indigo Books & Music Inc. is looking to expand outside Canada in the hope that opening new stores elsewhere could help deliver stronger results across its broadening range of products.

Chief executive Heather Reisman said Tuesday that the firm plans to launch brick-and-mortar

stores outside of the country in about two years, though she declined to say which markets the retailer is considering.

The book seller has been trying to boost its profitability by stocking more high-margin products, such as gifts, toys and lifestyle items, in an effort to adapt to shifting consumer trends.

THE CANADIAN PRESS

The book seller has been trying to boost profitability with gifts and lifestyle items — like this Hello mug. INDIGO.CA



Television. Diddy to launch Revolt TV network this year

Sean (Diddy) Combs had been working on developing a TV network for years. When he was almost shut out of performing on ABC's Dancing With the Stars around the release of a 2010 album, the rapper-producer felt he needed to launch the network sooner rather than later.

He believed there weren't enough outlets for musicians on TV, and that moment drove home the point. He's

launching Revolt TV in the fall.

"There should be a brand for music, and now we have that brand that's going to focus on music and not reality shows," he said.

"Once some of the other channels stopped having focus on music and focused more on reality ... it left a gaping hole for artists and fans of not having a place to go." THE ASSOCIATED PRESS

Adidas strikes deal to supply Olympic team

Four-year partnership. Agreement with COC covers high-performance clothing and footwear

The Canadian Olympic Committee and Adidas Canada announced a four-year partnership agreement Tuesday that will make the sporting goods company the official high-performance apparel and footwear supplier for the national Olympic team.

The collection will include compression and workout gear, various outerwear layers for outdoor training and long- and short-sleeve performance T-shirts along with footwear and accessories.

Adidas Canada plans to launch the collection at Sport Chek stores around the country on Nov. 7. Canadian Tire and Sports Experts will carry select items starting Nov. 30.



Canadian winter Olympian Meaghan Mikkelson speaks at an event announcing the sponsorship of the team by Adidas in Toronto on Tuesday. FRANK GUNN/THE CANADIAN PRESS

Sport Chek and Adidas Canada also announced their sponsorship of seven Canadian Olympic hopefuls who will be involved in grassroots events around the country encouraging participation in sport.

The campaign, called What it Takes, will feature

freestyle skier Chris Del Bosco, alpine skier Erik Guay, short-track speedskater Charles Hamelin, bobsledder Kaillie Humphries, women's hockey player Meaghan Mikkelson, skeleton racer Jon Montgomery and snowboarder Maelle Ricker.

THE CANADIAN PRESS

HBC's role

- The Hudson's Bay Company will still provide the casual clothes Canadian Olympians wear on the podium and in the opening and closing ceremonies.

Beer

Molson revives I AM Canadian promotion

After a decade-long absence, Molson is reviving its I AM Canadian tagline. The popular campaign is best recalled for The Rant, an award-winning 2000 commercial that featured an everyman character crowing proudly about an identity that didn't involve living in an igloo, eating blubber or owning a dogsled. The Rant, however, won't be revived. Instead, the campaign is rolling out with \$1 million in promotional merchandise.

TORSTAR NEWS SERVICE

Market Minute

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TRUE NORTH STRONG AND FAT

Summer's here and life's a beach.

If you haven't been working out all winter, it's too late. You'll have to fake it.

Turning that spare tire into a six-pack will take the whole summer and you'll be ready for your beach close-up just in time to head back to school, fool.

There are a number of things you can do, like suck your stomach in as you stroll, all nonchalant, along the shore. If anyone asks why your face is so red, just tell them you burn easily from the neck up. Like all those other red-faced shore stalkers going by.

Then there's the briefest-possible-moment-of-exposure tactic. Just drag your beach blanket and mummy kit as close to the water as you can without being swamped, then disrobe quickly, flashing your bi- or mono-kini, and then immerse yourself up to your



JUST SAYIN'
Paul Sullivan
metronews.ca

neck as quickly as possible.

To get out of the water successfully, repeat in reverse. Do not, like Daniel Craig, emerge from the surf in glorious 3D slow motion. You'll scare the little kids on the beach.

Make sure to do whatever you can to avoid the inverse beach fitness rule. That is: The less fit you are, the more flesh you expose. Don't be that guy with the beach ball for a belly and the speedo. If that bikini didn't look quite right in that artfully lit Swimco mirror, how do you think it's going to look out here, in the stark light of day?

I don't want to cramp your style, but you don't have any, especially when your body is a gallery of all your deepest thoughts written in flesh. Tattoos, even Angelina Jolie's — especially Angelina Jolie's — don't make it better. You look like human graffiti.

There are some people, of course, who look fantastic on the beach, all fresh and tousled and tanned. They're called children. They don't count.

The rest of us? We can stroll, but we can't hide. We can merely deflect. For men, I recommend the Hawaiian shirt. If you get a red one with parrots on it, you'll kind of remind people of Tom Selleck. That is, you won't look anything like Tom Selleck, but you'll remind people that he wore Hawaiian shirts. If you're a woman, I recommend wearing a hat, preferably one with a great big brim. It protects you from the sun and hides your face.

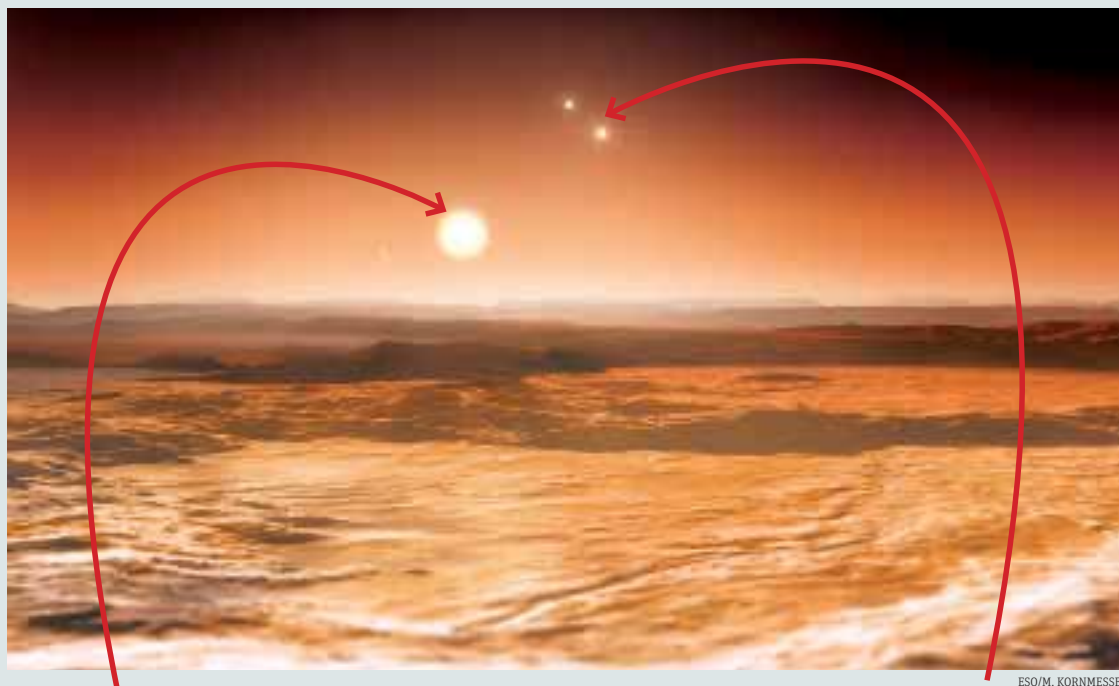
If you insist on violating the inverse beach fitness rule, it's the least you can do.

OK, if we pull together, we'll be able to hang out on the beach together, as thick as seagulls waiting for that kid to spill his fries.

And then, come September, we'll pack up the car and head straight for the gym. Right.

ZOOM

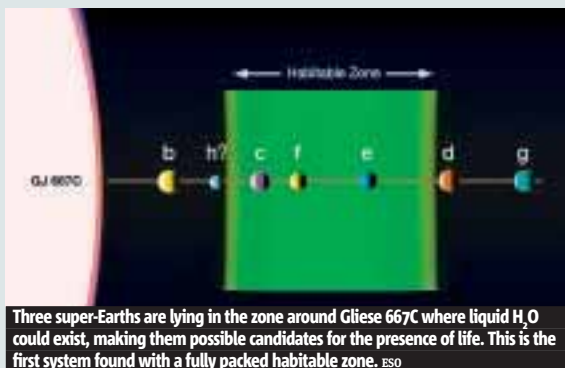
Goldilocks' house getting crowded



ESO/M. KORNMESSER

Star with record 3 habitable planets

Near the star Gliese 667C, scientists have discovered a treasure trove of at least six planets — with a record-breaking three super-Earths in the habitable or “Goldilocks” zone around the star. This artist's impression shows the view from exoplanet Gliese 667Cd looking toward the planet's parent star (Gliese 667C). **METRO**



Three super-Earths are lying in the zone around Gliese 667C where liquid H₂O could exist, making them possible candidates for the presence of life. This is the first system found with a fully packed habitable zone. **ESO**

Distance from Earth

22

light years is the distance of Gliese 667 from our planet. Gliese 667C is classified as a low-luminosity “M-dwarf” star just over one-third the mass of our sun.

In the background to the right the more distant stars in this triple system (Gliese 667A and Gliese 667B) are visible, and to the left in the sky one of the other planets, the newly discovered Gliese 667Ce, can be seen as a crescent.

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

Tumblr can be a bit of a minefield for preciousness, but there's plenty of humour and wisdom hiding behind the re-purposed inspirational quotes and GPOYS. Here's a trio of blogs fitting that bill.

I Love Charts:

A steady supply of slickly packaged data that's the perfect mixture of DIY chuckles and genuinely useful information. Take a quick glance, load up on fun facts and impress your friends at parties. (ilovecharts.tumblr.com)

Dear Coquette:

A foul-mouthed advice column with a particular penchant for soothing readers crushed by the early disappoint-



ments of adulthood. Similar blogs are a haven of hollow snark, but Coquette keeps things pithy and poignant. (dearcoquette.com)

Exploding Actresses:

This one is fairly new so the threat of drying up hangs over it, but there's already a nicely varied selection of famous movie scenes re-cut to end in cartoonish tragedy. (explodingactresses.tumblr.com)

Twitter

@metropicks asked: Should the Calgary Stampede have been cancelled? Or could the money be spent elsewhere?

@RosalinKrieger: Should the Calgary Stampede have been cancelled? It should be ABOLISHED!

@zephyrus47: 340 million in economic spinoffs from the stampede. Of course it should go ahead.

@oconnorbeth: the stampede is an important part of calgary's economy. People rely on the money made during stampede. We need a morale boost.

@InfiniteWicked: NEVER its a 101 yr old tradition. It's the heart of the city & unlike Alberta spirit to throw in a white flag.

@TriciaKindleman: they made it clear they've been utilizing their own resources to get things going again incld power. Good on them!

@TorontoDonuts: Calgary needs to show strength by continuing with this tradition. Cover the stampede with donation boxes for relief assistance.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

Feeling The Heat, buddy cop flick passes the Bechdel Test

Girl power. Latest Sandra Bullock flick puts a new twist on an old formula and places itself in a rare category where female characters dominate



IN FOCUS
Richard Crouse
scene@metronews.ca

The Bechdel gender bias Test was created in the mid-'80s by cartoonist Alison Bechdel.

It's a simple analysis that gives movies a pass or fail based on three simple criteria: 1) It has to have at least two women in it, 2) who talk to each other, 3) about something besides a man.

This weekend *The Heat* will submit itself up to the Bechdel Test and has a good chance of getting the seal of approval. Starring Sandra Bullock and Melissa McCarthy as an uptight FBI agent paired with a loose cannon Boston cop to hunt down a drug lord, the movie is a rarity — a female buddy cop movie.

Not all of the movies on Bechdel's list are winners — *Bonnie & Clyde* vs. *Dracula*, anyone? — but the test isn't an indicator of quality, just gender bias.

For example, the buddy picture *Beaches*, starring Bette Midler and Barbara Hershey as lifelong friends has the Bechdel seal of approval but is hopelessly melodramatic.



Sandra Bullock and Melissa McCarthy star in *The Heat* — a rare female buddy cop movie. HANDOUT

One more

Finally, *Whip It*, first time director Drew Barrymore's movie about female roller derby, also gets a passing grade on Bechdel's test. Here is why:

- **Last one.** Ellen Page plays an unhappy teenager from small town Texas who

stumbles across a flyer for a female Roller Derby league and sees a way out of her mundane life. Turns out she has a natural derby demon ability and soon learns that just because she's found a new family at the roller rink, she can't throw her old family away.

The story of the bond between singer C.C. and

wealthy lawyer Hillary is a weepie (the *Wind Beneath*

Your Wings moment is a five Kleenex scene) that audiences responded to because of the tender relationship between the two women.

Woody Allen's most successful movies have frequently had women's names in their titles and while Vicky Christina Barcelona isn't a classic like *Hannah* and *Her Sisters* and *Annie Hall* it's really good and earned a thumbs up from Bechdel.

The movie begins with two girlfriends, Vicky (Rebecca Hall) and Cristina

(Scarlett Johansson), on summer vacation in Spain.

They're best of friends but have very different outlooks on life. Vicky is a straight-laced New Yorker, Cristina is a sexually audacious free spirit still trying to find herself.

The young Americans meet an intriguing painter (Javier Bardem) who woos them both as he tries to deal with his residual feelings for his passionate but slightly loopy ex-wife (Penelope Cruz).

Dale shining his Badge of honour

James Badge Dale isn't a household name, though he did star in AMC's short-lived but acclaimed *Rubicon*. But he's everywhere this summer. In *Iron Man 3* he played Eric Savin, the villain's main henchman. In *World War Z* he's a gruff soldier stationed in South Korea. And in the forthcoming *The Lone Ranger* he's the titular hero's older outlaw brother, whose code is a bit more morally grey. He also has a sizable role in *Parkland*, about the JFK assassination and starring Zac Efron

and Paul Giamatti. And he's soon to do a comedy with Joe Carnahan, who directed him in a memorable, upsetting death scene in *The Grey*.

What was it like doing films on this scale?

They were three different experiences for me in three ways — three separate genres, three completely different characters and three different sets of obstacles. I don't know how to ride a horse. (The *Lone Ranger* producers) had me show up

six weeks early and learn how to handle weaponry. On *Iron Man*, I've never worked in front of a green screen.

How quickly do you get over acting with major superstars?

You don't have time for that. It's not like you're meeting the guy on the street. You're working with him. So you have to show up for work. Someone told me you don't want to work with a guy who isn't nervous. I've made this mistake where I try to

act like I'm not nervous. It's okay to be a little starstruck. You just come prepared and have fun.

What's the difference with working on TV versus film?

The biggest difference with a film is there's a definitive ending. You know the beginning, middle and the end. You always know where you're trying to get to. With television, it's kind of a catch-22: If the show is successful it keeps going.

MATT PRIGGE/METRO



James Badge Dale stars in three big summer movies.
GETTY IMAGES

'I don't really cater to what's going on in hip-hop': Ice Cube

Ice Cube as chill as ever. Rapper continues to pride himself on not being swayed by popular themes of the genre

LAUREN CARTER
Metro World News

Ice Cube has parlayed a hard-core rap career into an entertainment empire that spans movies, television and product endorsements. But the former N.W.A. member and solo artist known for groundbreaking albums such as AmeriKKKa's Most Wanted and Death Certificate has no plans to switch up his politically charged style. While mainstream rap drowns in escapist tales of cars, clubs and fancy cribs, he says fans can expect "vintage Ice Cube" on his forthcoming album, Everything's Corrupt.

"Everything that you've ever gotten from me, I deliver on this record," he says. "My style



Ice Cube — born O'Shea Jackson
GETTY IMAGES

is straight street knowledge. I don't really cater to what's going on in hip-hop or what's going on in the industry, so to speak. I just dial in on Ice Cube fans and try to keep them satisfied, and everybody else gotta get in where they fit in. I don't want to have to worry about no program director here or no A&R there. That makes it a drag, and being independent, I can just go in the studio and do what I feel."

While he wraps up his 10th album, the actor, writer, producer and director is in talks with distributor New Line Cinema to close out the Friday franchise with final instalment Last Friday.

Public preference

Ice isn't shy about revealing who his favourite emcee on the tour is. That's because it's his favourite rapper of all-time: Public Enemy's Chuck D.

- "It's like being on tour with your big brother," Cube says. "He's just one of those dudes who — pound for pound, lyric for lyric — has done the most out of any emcee, because he ain't just rapping no bulls—."



- "It's something real. And even when rapping about bulls— is popular, I mean, he still stick to what he do. That's great. For artists like myself, and him being one of my peers and me really looking up to Chuck, it's good that he sticks to the script."

"We're trying to get it done," he says. "New Line has really been neutered by Time Warner, so they can't do as many movies as they usually do per year. So

it's just a fight to get Last Friday on their schedule. They only got three or four movies to do a year, and urban comedy is probably low on the totem pole."

No Love lost between Courtney, world

Unfinished legacy.

The rocker has choice words for promoters, former bandmates and, well, just about everybody else

PAT HEALY
Metro World News

When interviewing Courtney Love, you don't want to upset her, especially within the first minute.

We begin innocuously enough by asking about her current tour, which we saw listed on one venue's website as, "Courtney Love performing songs from Live Through This, Celebrity Skin & Nobody's Daughter including Violet, Miss World, Celebrity Skin, Malibu, Skinny Little Bitch & More!"

This is news to her, and she vows to let the responsible parties know her thoughts. "I'm gonna tear someone's f—ing head off," she says.

Through all of the tangents the rest of the call takes — and it takes many, from Rod Stewart to investment strategies



Those happy party-goers in the back may not stay so smiley if Courtney decides to aim her ammo at them. GETTY IMAGES

— she keeps returning to this new info. And whatever commentary isn't about how her show was advertised is peppered with similar bitterness.

"If you want to see something really miserable, watch that Pixies reunion frickin' documentary," she says at one point.

Love insists this tour is not a greatest hits show. She says she has an album's worth of new material recorded and will be drawing from those songs.

"I'm not playing the singles though, which are the funnest ones," she says. "I don't want them to leak."

So if the only new songs she's playing are not the so-called funnest ones, how does she stay fresh?

"I stay fresh and dainty all the time, and I'm really good at taking baths," she jokes, picking apart the phrasing of this reporter, "but beyond that, I'm not ever going to do that oldies circuit thing ever."

The Hole story

- Love says that since her last full release, the 2010 Hole album Nobody's Daughter, she has given up the Hole moniker and the idea of any sort of reunion with the formative lineup, which included drummer Patty Schemel, guitarist Eric Erlandson and bassist Melissa Auf der Maur.

- "I would be happy — as much as I love Shawn (Dailey, bassist) — to take Melissa back, but Melissa won't do it unless Eric does it, and I'm not doing it with Eric," she says at an unintermittent pace. "I just won't do it. The guy went into my storage, took 74 guitars out of storage, took my entire backline, which is Kurt's backline, so one side says Hole, the other side says Nirvana. ... I'm about to start pressing charges against him on like, robbery, a whole bunch of criminal matters. ... I really can't envision touring with that a—hole, so that's the end of that."

**THANK YOU
TO ALL OF OUR
2013 STARS!**



Use this QR Code
to find out who
performed from
your community and
details on how you
can enter next year.

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Chris Brown. ALL PHOTOS GETTY IMAGES

Good grief Chris Brown, you blockhead

Chris Brown is being accused of assaulting a woman at a San Diego nightclub last week, according to E! News.

Police received a call from a woman complaining that the singer pushed her during his performance at Heat Ultra Lounge, resulting in injuries.

While the investigation is ongoing, a club employee

is standing up for Brown, saying that he'd heard Brown had "moved someone out of the way" and that "perhaps the incident is being blown out of proportion."

Brown, who is no stranger to legal trouble, is standing up for himself, tweeting simply, "I didn't do anything" — although the tweet was quickly deleted.



Johnny Depp.

Johnny Depp likes playing dress-up

Johnny Depp feels so connected to Captain Jack Sparrow, his iconic Pirates of the Caribbean character, that he actually travels with the costume at all times, he tells E! News.

"Sometimes you go to kid die hospitals and things like

that," he says of his recent travels.

"I'll just sneak in and go and surprise a bunch of kiddies through the different wards. It basically turns into a two-, three-hour improvisation and it's really fun. So I travel with Captain Jack."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Who needs love when you have a few million in the bank?

THE
WORD
Pat Healy
scene@metronews.ca

Holly Madison! You in danger, girl!

It looks like the reality TV star is going through with her engagement with party promoter (and father to her infant daughter, Rainbow), Pasquale Rotella.

She showed off her giant new engagement ring, which was designed by Rotella, on her blog and to People magazine. The 18-carat yellow diamond ring is surrounded by pink and yellow flowers made from diamonds. And, oh yeah — owls.

"Because we love owls, there is a hidden owl engraved on the rose gold in between two of

the flowers," she says. "The band is art nouveau-inspired, to go with the flowers."

Holly Madison's ginormous, owl-themed ring is hopefully big enough that she will overlook the fact she's marrying a man who could go to prison in the next year. Rotella is facing more than 13 years in prison on bribery, embezzlement, conspiracy and conflict of interest charges, per reports.

The L.A. County District Attorney says that Rotella, who owns an event firm called Insomniac events, used more than \$2.5 million in funds from the Los Angeles Memorial Coliseum to pay off city officials. Rotella would use the coliseum to host raves.

Rotella is currently out on a \$1.8 million bail and is due back in court on July 29. So basically, Madison, who was previously engaged to the 80-something Hugh Hefner, likes to choose mates who she thinks she won't have to be with for very long.



Channing Tatum.

Tatum made more than a movie last year

The upcoming White House Down holds a special place in Channing Tatum's heart.

"Jenna (Dewan-Tatum) and I weren't pregnant then, but we conceived on that movie," the new dad tells E! News.

Of course, having a newborn and being a working actor can sometimes cause

some conflict.

"I'm away from her for 12 to 13 hours and I feel like I come home and I feel like she's changed," says Tatum, who is currently living and working in London. "Like her face looks different. You feel like every minute that you miss is horrible."



Amy Winehouse.

Maybe Winehouse didn't need to go to rehab after all

It's been nearly two years since Amy Winehouse's death, and her brother, Alex, thinks everyone has it all wrong.

Alex says it was the tragic singer's bulimia that killed her, not drugs and alcohol.

"She suffered from

bulimia very badly. That's not, like, a revelation. You knew just by looking at her," Alex tells the Guardian. "She would have died eventually, the way she was going, but what really killed her was the bulimia. Absolutely terrible."

Twitter



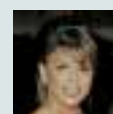
@mindykalng

Cookies, cupcakes, Italian ice, sushi, steak, fries, creamed spinach, onion rings, s'mores, on my birthday we ate like I'm a Roman Emperor



@chriscolfer

Who is in charge of the minion blimp flying over LA and how can I get invited for a ride???



@PaulaAbdul

What projects are you working on this summer? Gardening? Remodeling? Organizing? Are you enjoying it with a friend?

Canada Day

Patriotic
places in our
great countryON THE
MOVE
Loren Christie
life@metronews.ca

I can't think of a more patriotic way to celebrate Canada's 146th birthday than by visiting one of our national parks and historic sites. Here are a few suggestions on places that have played a key historical role in our country's development.

L'Anse Aux Meadows, near St. Anthony, N.L.

In 1960, Helge and Anne Stine Ingstad found the remains of a camp, which belonged to a small group of Norse sailors. Located at the tip of Newfoundland's Northern Peninsula, 433 kilometres north of Deer Lake, their discovery is still the oldest-known European settlement in the New World. Prepare to have any romantic notions of Vikings dispelled; a visit here will illuminate just how tough life would have been for these intrepid explorers.

Louisbourg, Cape Breton Island, N.S.

Dozens of staff dressed as soldiers, shop keepers and townsfolk add cultural colour to the bricks and mortar of the old fort. In its heyday it was a hub of power for the French in the New World. Eventually, the English squashed their hold on the region by overthrowing Louisbourg and forcefully expelling the peaceful French-speaking settlers, known as the Acadians, from the surrounding territories. As part of the fort's 300th anniversary celebrations in 2013, it will play host to a number of special events.

The Cave & Basin National Historic Site, Banff National Park, Alta.

The site was re-opened in May after extensive renovations aimed at offering visitors a more interactive, high-tech and interpretive experience. It was the first created by, and gave birth to, our national park system.

PARKS CANADA IS CELEBRATING CANADA DAY BY OFFERING FREE ADMISSION TO EVERY NATIONAL PARK, HISTORIC SITE AND MARINE CONSERVATION AREA ACROSS THE COUNTRY.

Welcome to the city
that always eats

New York. Recreate some classic movie scenes at these iconic restaurants

BRIA MARRIETTE

Metro World News in New York

Your favourite New York City restaurant may have served as the backdrop for your favourite film. Check out some of these places next time you're in the Big Apple.

Craft Restaurant**The Devil Wears Prada (2006)**

Andy has dinner at the Tom Colicchio restaurant with her father, who expresses concerns about her career/living situation, and she gets an emergency call from her overbearing boss, Miranda. If you go to sample the star chef's green-market fare, hopefully your boss doesn't interrupt.

Getting there: 43 E. 19th St., 212-780-0880

Sardi's**The Muppets Take Manhattan (1984)**

Sardi's has been a favourite in the city for the past 90 years, so much so that the Italian restaurant managed to snag a central role in *The Muppets Take Manhattan*. Who could forget the scene where Kermit replaces Liza Minelli's picture with his own green face, much to her chagrin? You can enjoy a piece of childhood nostalgia by visiting Sardi's for classic dishes like steak tartar and cannelloni au gratin.

Getting there: 234 W. 44th St., 212-221-8440

Lenny's Pizza
Saturday Night Fever (1977)

There's always been a debate as to where you can find the best New York pizza, and it looks like Lenny's Pizza might have a leg up on the competition after gaining national exposure in the classic disco film. The way Tony chows down on two slices as he strolls on 86th Street makes it hard to imagine there's a better tasting pizza in the city. You can still relive your memories from the '70s at Lenny's in Bensonhurst. Getting there: 1969 86th St., Brooklyn, 718-946-1292



Craft Restaurant is where Andy gets a call from her she-devil boss Miranda in *The Devil Wears Prada*. FLICKR



It's not easy being green — but it's easy to have a drink at Sardi's. FLICKR



Talk stocks over a drink at 21 — an eatery in Wall Street. FLICKR

Pershing Square Cafe
Friends With Benefits (2011)

Jaime and Dylan agree to "start over" with their relationship at this East-Side-meets-West-Side eatery, parked right across from Grand Central, which boasts "the busiest and best breakfast

in New York." Getting there: 90 E. 42nd St., 212-286-9600

Cafe Lalo
You've Got Mail (1998)
Satisfy your sweet tooth at this Upper West Side coffee shop and dessert bar. The self-

The taste is orgasmic**When Harry Met Sally (1989)**
Katz's Delicatessen 205 E. Houston St., 212-254-2246

Houston Street Eatery Katz's Deli has been a favourite of native New Yorkers since the early 20th century, but it wasn't until 1989 that the rest of the world caught a glimpse of the revered restaurant for the first time. A classic in every sense of the word, Katz's has a wide selection of traditional diner favourites from burgers to pastrami sandwiches.

proclaimed "most famous café in NYC" was featured as the backdrop for a chance meeting between Tom Hanks and Meg Ryan's characters. Open till the wee hours of the morning, the European decor and quiet ambience make a perfect setting for a first date.

Getting there: 201 W. 83rd St., 212-496-6031

21 Club
Wall Street (1987)

The 21 Club, where greedy money grubber Gordon Gekko and his apprentice Bud Fox would meet in Wall Street, once functioned as a prohibition-era speakeasy. Visit for true meat-and-potato dishes — before you know it, you'll be discussing some of the finer things in life. Getting there: 21 W. 52nd St., 212-582-7200

That green giant has nothing on this scrumptious Green Bowl of Goodness

NICOLE
MACPHERSON
yumymummyclub.ca

In warmer months, I long for greenery — both in my garden and on my plate. This Green Bowl of Goodness is full of nutrition, and it tastes like warm weather.

Thanks to the cashews and the quinoa, it is a perfectly

balanced, protein-rich vegan meal, but I serve it with chicken sautéed in garlic and olive oil for my family.

It's also a meal that is delicious either hot or cold. I often make extras just so I can have it cold the next day.

Nutritional yeast is flakey, yellow and adds a cheese-like flavour to a dish. It can be found, along with raw cashews, in any health food store.

Ingredients

- 1/3 cup raw cashews
- 1/3 cup hot water
- 1 avocado
- 2 tbsp lemon juice
- 1/4 cup packed fresh basil
- 2 tsp nutritional yeast
- 1/4 tsp onion powder
- 1 clove garlic
- Sea salt and cracked black pepper to taste
- 1 1/2 cup quinoa
- 1 zucchini squash
- 1 large bunch asparagus
- 2 tsp olive oil

1. Soak the cashews in the hot water for 1-2 hours. Process in a food processor until semi-smooth.

2. Add half of the avocado and the lemon juice to the food processor, process until smooth. Add the basil, nutritional yeast, onion powder, garlic, salt, and pepper and process until very smooth.

3. Prepare quinoa according to package directions.

4. Meanwhile, pre-heat oven



This vegan dish is delicious hot or cold. NICOLE MACPHERSON OF YUMMYMUMMYCLUB.CA

to 425 F. Slice the zucchini lengthwise and then into 1/4 inch thick pieces. Remove woody ends from the asparagus and slice into 2-inch pieces.

5. In a large bowl, toss zucchini and asparagus with olive oil. Arrange on a single layer on a rimmed baking sheet; roast in 425 F oven for 10 to 15 minutes.

6. Mix cooked quinoa, veg and dressing. Cube other half of the avocado and arrange it on top of the quinoa. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.**

Drink of the Week

Alto Frizzante

Bubbling with fresh fruit flavours and a sparkling texture, this chic cocktail is light and sophisticated.

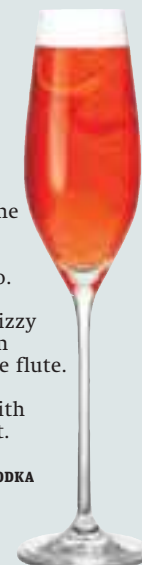
- 1.5 oz Belvedere Vodka
- 1/2 oz Limoncello
- 4 oz Prosecco
- Lemon zest for garnish

Shake together the Belvedere vodka and Limoncello.

Top with fizzy Prosecco in champagne flute.

Garnish with lemon zest.

COURTESY OF
BELVEDERE VODKA



Ancient grain gives healthy Tabbouleh even healthier kick



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

These days, more and more people seem to agree that this Middle Eastern salad of bulgur wheat tossed with cucumbers, tomatoes, herbs, olive oil and lemon juice is delicious.

So why would anyone want to mess with success? Because even though bulgur wheat — a whole grain that has been cracked and partially cooked — is healthier than white rice, quinoa is even healthier.

1. Using mesh strainer, rinse and drain quinoa under cold water.

2. In saucepan over medium heat, combine quinoa, broth and 2 tablespoon of lemon juice. Bring to boil, then reduce to simmer, cover and cook until broth is absorbed, 13 minutes. When done, grains will appear soft and translucent, and germ ring will be visible along outside edge. Transfer to shallow platter and spread. Let cool.

3. Meanwhile, place tomatoes in mesh strainer. Sprinkle lightly with salt and set over sink to let drain for 10 minutes.

4. Once the quinoa has cooled, transfer it to a large serving bowl. Add the drained tomatoes, the cucumber, scallions, garlic, remaining 4 tablespoons of lemon juice and the oil. Season with salt and pepper to taste. Chill for at least 1 hour, or until ready to serve. Just before serving, stir in the parsley and mint. **THE ASSOCIATED PRESS/SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

Ingredients

- 1 cup quinoa
- 1 1/4 cups vegetable broth
- 6 tbsp lemon juice, divided
- 2 cups halved cherry tomatoes
- Kosher salt
- 2 cups finely chopped seedless cucumber
- 3 scallions, finely chopped
- 1 clove garlic, minced
- 1/3 cup extra-virgin olive oil
- Black pepper
- 2 cups firmly packed fresh flat-leaf parsley, chopped
- 1 cup firmly packed fresh mint leaves, shredded

Lunch. Fiesta Quinoa Salad



NICOLE
MACPHERSON
yumymummyclub.ca

1. Prepare quinoa according to package directions. Refrigerate until completely cooled.

2. Whisk together lime juice, olive oil, garlic, onion powder, cumin, sugar, salt and pepper.

Ingredients

- 1 cup quinoa
- 1/3 cup lime juice
- 1/4 cup olive oil
- 1 clove garlic, crushed
- 1 1/2 tsp minced dehydrated onion or onion powder
- 1/2 cup cumin
- 1/2 tsp sugar
- Sea salt and cracked pepper,

3. Add chickpeas, black beans, and cherry tomatoes to the cooled quinoa. Pour dressing over top and combine well.

4. Stir in the cilantro and avocado just before serving.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.

- to taste
- 1 cup canned chickpeas, rinsed and drained
- 1 cup canned black beans, rinsed and drained
- 1 pint cherry tomatoes, halved
- 1/2 cup cilantro, chopped
- 1 avocado, diced

IBS: TRIGGER FOODS AND TIPS

COMMON ISSUE CAN BE HELPED

Even though an estimated five million Canadians suffer from it, there's not a great deal of chat about it — Irritable Bowel Syndrome (IBS).

Although the symptoms will vary from person to person, IBS is generally characterized by abdominal pain or discomfort, and altered bowel habit (i.e., chronic or recurrent diarrhea, constipation, or both). No wonder no one talks about it.

If you suspect that you have IBS, there are certain foods that might be best for you to avoid. Of course, it's important to remember that everyone is different, and what affects one person (e.g., lactose) might not be a trigger for someone else.

- Fatty and fried foods (e.g., pizza, fries)
- Dairy products (lactose)

- Raw fruit
- Carbonated beverages
- Alcoholic drinks
- Nuts and seeds
- Coffee
- Spicy foods

One of the best ways to manage IBS symptoms is through diet. eHow Health



AIA/VEER

shares dietary practices you might consider following:

- Increase dietary fibre with foods such as whole-grain breads and cereals, fruits and most vegetables
- Avoid large meals, which cause the bowel to become overly distended and hyperactive.

• Stay away from high-fat foods. Fat is a strong stimulus of the colonic contractions that aggravate the irritability of the bowel.

• Avoid gas-forming foods, such as beans and cruciferous vegetables (cabbage, broccoli, cauliflower, radishes, turnips and brussels sprouts)

• Avoid apple and grape juice if you suffer from a great deal of flatulence; also pass up the chocolate, caffeine, alcohol and sorbitol (an artificial sweetener)

Although diet plays a critical role in battling IBS symptoms, there are other strategies that are also important. According to the Canadian Digestive Health Foundation, exercise can help reduce stress and promote movement of the colon.

If you think you might have IBS, an important first step to feeling better is consulting with your doctor — he or she won't be embarrassed to talk about it.

COLD IN THE SUMMER?

Coughing, sneezing, sniffing, sore throat. Sure, everything might be pointing to seasonal allergies, except this time, it's not the pollen in the air — it's a dastardly summer cold in your system. If you think colds are reserved for winter months, you're wrong.

Not unlike their winter cousins, many summer colds are caused by viruses and often produce unpleasant symptoms such as a sore throat, persistent cough, nasal congestion and sinus pressure, as well as the occasional fever or headache.

What can you do to stave off the sniffles this summer? Try popping some probiotic supplements or eating some probiotic-rich foods.

Mother Nature's truest form of antibiotics, probiotics are friendly bacteria in our gut that we need for good health and vitality — and keeping harmful germs from moving in and making themselves at home in your body. The word probiotic actually means "for life."

GETTING MORE PROBIOTICS INTO YOUR SYSTEM

There are a couple of ways to get more probiotics into your system — manufactured supplements and food. Here are some probiotic-rich foods you might want

to try:

- **Yogurt** — Choose yogurts that have natural ingredients and say "live and active cultures"
- **Kefir** — This dairy product is a unique combination of goat's milk and fermented kefir grains
- **Miso soup** — You'll find this tofu and vegetable broth soup at Japanese restaurants and Asian grocery stores
- **Pickles and sauerkraut** — Look for brine-cured pickles that don't contain vinegar
- **Kimchi** — This traditional Korean dish of fermented seasoned cabbage is packed with probiotics

Last, but not least, if you're serious about boosting your probiotic intake, visit your pharmacy or local health food store where you'll find supplements available in a range of forms, including powder, tablet, liquid, and capsule.

WHAT ARE PREBIOTICS VS. PROBIOTICS?

Prebiotics are non-digestible foods that enter our colons unaltered by the digestive process, serving as an energy and growth source for the beneficial bacteria that live in our large intestine. In other words, prebiotics are food for the probiotics in your intestines.



STOCKSNAPPER/VEER

FRUITS FINE — IN MODERATION

In the summertime, colourful and tasty fresh fruit and vegetables are readily available at grocery stores, roadside stands and farmer markets.

While "fresh is good for our body, ingesting fibre-filled fruit and veggies can lead to digestive woes," says dietary consultant Shirley Plant and author of the dietary guide and cookbook, *Finally ... Food I Can Eat*.

"Increasing your intake of fibre through seasonal fruits and vegetables can result in tummy issues. The spike in fiber can upset the bacteria that live in your gut, resulting in indigestion problems."

TOO MUCH FIBRE?

According to LiveStrong.com, when fibre is consumed, it moves through the body's digestive tract virtually intact. As a result, the fibre acts as a sort of "broom," help-

ing to sweep wastes through the intestines for excretion. Although this would generally be considered beneficial, too much fiber might cause gastrointestinal distress, including excess gas, bloating and diarrhea.

KEEP INDIGESTION AT BAY

"It is important to have a healthy gut flora in the first place and taking probiotics can help," says Plant. "The healthier your gut, the less symptoms you will have. Taking a zinc supplement can also help keep your immune system and gut healthy."

When it comes to eating fruit, moderation is important. Spread your fibre consumption throughout the day to avoid digestive issues.

Keep your diet balanced. Make sure that you include proteins, grains, dairy products and healthy fats and oils as part of your daily diet.



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†Among gastroenterologists who recommended a brand of probiotic in a Source Healthcare Analytics, LLC 2012 survey.

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BREAKFAST WITH A FIBRE BOOST

It's a sure sign of spring when the first bunches of Canadian asparagus appear at the neighbourhood market.

Local produce is the freshest you can buy and is always a healthy, nutritious choice. Adding freshly picked, locally grown asparagus into your breakfast or brunch is a simple, unexpected way to energize your body with essential vitamins and minerals and start the day off right.

Fibre is also an essential nutrient and a vital part of healthy eating. Did you know that one slice of bread contains as much fibre as one cup of asparagus? Sufficient fibre helps you maintain a healthy weight as it keeps you feeling full longer without adding extra calories.

This eggs benedict recipe, with asparagus and whole grains, is high in fibre and uses fresh, locally grown produce has everything you want to get you going in the morning.

CENTURY GRAIN ASPARAGUS BENEDICT

Prep Time: 30 minutes



NEWS CANADA

Total Time: 35 minutes
Serves: 6

INGREDIENTS

- 1 (56 g) package dry hollandaise sauce mix
- 24-30 asparagus spears

- 6 eggs
- 1 tbsp (15 mL) White vinegar
- 6 slices Dempster's WholeGrains 100 per cent Canadian Century Grains Bread, toasted
- 6 slices Swiss cheese
- 12 slices Schneiders Peameal Style

- Bacon, cooked as per package directions
- Salt and pepper

DIRECTIONS

Cook hollandaise sauce according to package directions. Keep warm.

Blanch asparagus in boiling water until tender crisp about, about 2-3 minutes. Set aside.

Bring a large pot of water to a boil. Lower heat to keep water just simmering. Stir in vinegar. Working one egg at a time, crack into a small cup and gently drop into the simmering water. Once all eggs have been added to the pot, cook until desired doneness, about 3-4 minutes for medium poached. Remove eggs from pot with a slotted spoon.

Place 2 slices of peameal bacon on each slice of toast, top with a slice of cheese, a layer of blanched asparagus, and a poached egg.

Drizzle with desired amount of hollandaise sauce and season with salt and pepper. Serve immediately.

- News Canada

MANAGING A SUMMER DIET

KEEP TRACK OF CALORIES AND ALCOHOL INTAKE

We wait so long for summer and its mild days and brilliant rays that it's no wonder we want to take advantage of every moment.

So we do — on vacation trips, at backyard barbecues, at pool parties, and on the outdoor patios that are synonymous with summer.

Yes, summer is the ultimate social season, which means it's also a time for eating and drinking more than we usually do. After all, who's going to turn down a tasty cold beverage on a sweltering summer day?

If you want to manage your caloric intake and take control over what you're eating, here are some tips that can help.

RESTAURANT EATING

When you go out for lunch or dinner, trade in fried finger foods, nachos and pizza, for healthier choices such as salads,

IT HAS HOW MANY CALORIES?

- An average serving of white table wine can add up to about 121 calories.
- A bottle of regular beer contains about 148 calories (light beer is about 100 calories).
- The average pina colada has 644 calories.

veggies and low-fat dip. Most restaurants now offer "healthy" low-fat, higher-fiber menu options. For a more substantial meal, consider adding a protein such as shrimp, chicken or beef to your salad.

BACKYARD BARBECUE

If you're hosting the party, make sure you serve some healthy dishes that include fresh fruit and vegetables. If you're on the guest side of things, offer to bring a dish or two — your hosts will be delighted



YELENA KOVALENKO/VEER

and you'll be able to control what you're eating. You can also control the amount of alcohol you consume by bringing your own beverage to the festivities.

ON THE ROAD

When you're enroute to your vacation destination, it's the easiest thing in the

world to grab some fast-food, or stop at a diner. Not great for your waistline or your digestive system. Avoid the grease and the calories, by making your own snacks and lunches home and packing them in a cooler bag. Or, stop by a grocery store and pick up some convenient prepared foods.

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- ✓ **Promotes digestive health****
- ✓ **Boosts daily fibre intake**

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TIPS FOR A HAPPY, HEALTHY TUMMY

PROTECT YOURSELF DURING SUMMER'S FUN ACTIVITIES

Warmer days and nights make summer the perfect time for family barbecues, road trips, camping and many more enjoyable outdoor activities — most of which include food.

To keep your stomach happy and healthy during the summer months, consider following these tips:

- Always wash your hands with soap and warm water before and after you eat. It's amazing how many germs your hands can pick up during the day and you definitely want to prevent them transferring them to anything you ingest.
- Never “grab a bite” from an unfamiliar roadside stand. You have no way of knowing how fresh items (no best-before dates) are or even if they've been refrigerated properly. You're better off to prepare healthy meals at home, and store them in a tightly sealed cooler.
- Purify the water if you go camping. Unless campground officially tells you that that the water on the property is safe to



YURI ARCURS/VEER

drink, you use one of three purification methods — a filter, chemical tablets, or boiling.

- In summer, drink plenty of water during the day time. Increase your intake of certain fruits that contain high amount of

COMING CLEAN ON HAND WASHING

Only 50 per cent of consumers reported washing their hands for 20 seconds, before and after handling food. Clean hands and surfaces often to reduce the risk of foodborne illness. (Source: Canadian Partnership for Consumer Food Safety Education.)

water including mango, watermelon, and grapes.

- Add probiotics to your diet. Probiotics are healthy bacteria that help improve the digestion and absorption of the food. You can increase probiotics naturally through food such as yogurt or by taking manufactured probiotics (available at natural food stores).
- It almost goes without saying but remember to keep food refrigerated. Illness-causing bacteria can grow in perishable foods within two hours unless you refrigerate them.

When it comes to stomach health in the summer, the best rule of thumb is good old fashion common sense.

RUNNING FOR THE BATHROOM?

EMBARRASSING AND INCONVENIENT, AVOID THE 'RUNS'

Summer is here — the ideal time for being outside and enjoying the sunshine.

It's also a season for switching up our diet with different foods and beverages, which can wreak havoc with our digestive systems, including causing occasional bouts of diarrhea.

Embarrassing, inconvenient and definitely something to be avoided, diarrhea or the “runs” can put a damper of summertime fun and make even the thought of a road trip excruciating.

Diarrhea, from the Greek word, “diarrhoia” meaning “a flowing through,” occurs when something disrupts the routine in your digestive system.

Loose bowel motions or diarrhea hap-

pens when semi-digested food is eliminated from the body too soon for nutrients to be absorbed. Sometimes referred to as intestinal flu, diarrhea is usually caused by a virus in the bowel and generally lasts two or three days.

According to dietary consultant Shirley Plant and author of the dietary guide and cookbook, *Finally... Food I Can Eat*, summertime is ripe for tummy troubles such as diarrhea.

“The healthier your gut, the fewer symptoms you'll have,” says Plant, who offers up these tips for tummy troubles:

- Taking a zinc supplement can help keep your immune system and gut healthy.
- Increasing the amount of water you drink as well when consuming more fresh fruits and vegetables as it will help with digesting the extra fibre.
- For acute attacks of diarrhea, consuming a liquid diet of healthy beef or chicken broth, lemon juice in water with a little sea salt can help replace the electrolytes



NANKA (KUCHERENKO OLENA)/VEER

you've lost.

- If you need something to settle your stomach, try raw ginger tea — a soothing and a natural inflammatory. Simply steep a few pieces peeled raw ginger in boiling water in of for 10 minutes, then add a

little lemon juice and honey for an extra bit of flavour.

For more information on digestive disorders, a great resource is the Canadian Digestive Health Foundation website at cdhf.ca.



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WAVEBREAKMEDIA/MICRO/VEER

PUT SUMMER SLEEPING ISSUES TO BED

Longer days, higher humidity and hot summer nights can sometimes disrupt our sleep and prevent us from getting those all-important zzzzz's we need to keep us energized.

And, repeated loss of sleep can affect all areas of your life, including your physical, mental, and emotional well-being.

If you are a summertime sleep sufferer, don't despair, there are things you can do to make sure that when the alarm sounds in the morning, you're ready to embrace the day.

BANISH THE HEAT AND HUMIDITY

To fight fitful bouts of sleep, consider

buying low-noise bladeless fan or investing in a portable environmentally friendly air conditioner. Air conditioning units offer the dual benefits of cooling and dehumidifying at the same time.

STAY ON SCHEDULE

With more hours of daylight and warmer weather, your summertime activities might be causing you to have a crazy sleep schedule. While you want to get the most of summer, remember to keep your make sure you go to bed and wake up at the same time each day.

EXPLORE HERBAL REMEDIES

Visit your neighbourhood health food store

QUICK COOL TIP

If nighttime heat is robbing you of sleep, run your wrists under a cold tap. Your wrists and the inside of your arms are areas where your blood stream flows closest to the surface of your body. Running them under cold water for a minute will cool your blood down, making your whole body cooler.

supplements such as melatonin, hops, magnesium and calcium. When taken together, magnesium and calcium become even more effective; the magnesium can-

cells out any potential heart problems that might arise from taking calcium alone.

THE SPA TREATMENT

A warm bath one or two hours before you turn in may help you relax and feel drowsy. Add some aroma therapy oils such as chamomile, lavender or ylang-ylang to create an even more relaxing bath time. Listen to some soft music to reduce stress and calm your mind.

Some final words of advice for you — if peaceful slumber continues to elude you, it could be a symptom of a more serious medical condition that may require you to contact your doctor.

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VIEW FROM THE DEPARTURE PLATFORM

WAYS SUMMER CAN ROB YOU OF REST

MORE LIGHT

In the summer we like to make the most of the extra hours of daylight we have summertime. But since light naturally encourages your body to be wakeful, you might want to invest in some darker shades or drapes.

SUMMER ALLERGIES

Pollen is the biggest culprit of summer allergies, with grasses and weeds being particularly bad. Allergy symptoms affect sleep dramatically — and lack of sleep can make your allergies worse. Ask your doctor to refer you to an allergist.

HIGHER TEMPERATURES

When the mercury soars, do you find yourself tossing and turning in bed? Heat often acts as a stimulant rather than a relaxant. To avoid this, determine the night-time temperature that works for you and program the thermostat accordingly.

INCREASED NOISE

On nice summer nights we often want to keep our windows open and let in some nice fresh air. Unfortunately, along with the fresh air comes the noise. If this noise is a problem, earplugs or a white noise machine might help.



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Demonstrate your worth as an employee by including not only your strengths, but valuable examples of your accomplishments as well. If you do make it to the interview, you will be able to expand on the examples at that time.

ISTOCK

Stop, in the name of a relevant resumé

Word alert. Replace the repetitive rhetoric with careful, concise communication

MICHELLE CIRCOSTA
TalentEgg.ca

Throughout the job application process you only have a few opportunities to make an impression.

Arguably the most important of these is making an impact with your resumé. The last thing you want to do in today's competitive job market is have a resumé that is plagued with empty and overused claims.

A survey of 1,300 senior managers by staffing firm OfficeTeam reveals some of the most over-used phrases on resúmes include "highly qualified," "hard worker" and "team player," along with several others, outlined to the right.

If your resumé lacks specifics, it will surely go unnoticed. Anaar Dewjee, division director at OfficeTeam, shared her insight regarding the art of resumé writing.

One word that Dewjee can't stand to see on a resumé is "reliable." The problem with this type of descriptive word is that it describes behaviours that are impossible to showcase on a resumé.

Listing duties and/or adjectives also adds no value to your resumé. Most of that information can be inferred simply by reading the job title you've listed.

Accomplishments, on the other hand, are far more ef-

Work that Wite-Out

During a survey, senior managers were asked, "What is the most overused or meaningless phrase you see on resúmes?" Below are some of their top responses, along with advice on how to give employers what they're really looking for on your resumé:

- **Highly qualified:** Describe what you bring to the role. Highlight your accomplishments in previous positions, emphasize your specific skills and note your education or other qualifications. Explain exactly how you've gone the extra mile.
- **Team player:** Working well with others is a must for any role today. Provide examples of how you partnered with classmates, fellow volunteers, colleagues or individuals in other departments to meet an objective.



- **Problem solver:** People love employees and colleagues who can help them get out of a pickle, but be specific when you describe this quality. Highlight a difficult situation you encountered and how you handled it.
- **Flexible:** Hiring managers seek candidates who can adapt quickly to new situations. Describe how you responded to a major change at work or dealt with the unpredictable aspects of your job.
- **Self-starter:** Companies seek individuals with initiative who can contribute immediately. Show how you took action when you saw an issue that needed to be fixed.

fective and in fact much easier to communicate. Use your accomplishments to highlight skills that are transferable to the position.

For students, writing a professional resumé can be especially tricky since many of us do not have much relevant experience. If this is the case, Dewjee recommends highlighting academic achievements, your area of specialization as well as your volunteer experience.

If you are active and involved in your school, that

should be clearly demonstrated on your resumé. You may also consider including some of your own specific goals. Be sure to really highlight your energy, focus and drive.

The most important thing to remember when writing a resumé is that using adjectives to describe yourself will not entice an employer to pencil you in.

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When choosing a new hire, employers often search for assurance that what you're presenting on your resumé is credible. Have a few reviewable resources available. ISTOCK

Walking the walk is key in today's work search

What employers are looking for in new hires. Hint: It's more than just a simple piece of paper

MEGHAN GREAVES
TalentEgg.ca

If you're a member of Gen Y, you know that the job market is competitive. There are more students, more grads and more highly-educated individuals on the job hunt than ever. This can make it difficult to hatch your career and stand out amongst fellow graduates

Employers are now looking for candidates who have qualities that complement their "piece of paper" (and no you don't need to spend more money to get them).

Here are three things that employers are looking for in a new hire to keep in mind for your job hunt.

Enthusiasm and initiative

Employers are always looking for candidates who are willing to go the extra mile. During the application and interview process, you can do this by following up on your application or adding in something unique. To an employer, this shows that you actually want the job and are motivated to get it.

Relevant experience

Having previous related experience often makes it or breaks it during the hiring process for an employer.

Related experience can come in many different forms and doesn't always have to be the exact same role you're being hired for, such as a part-time job where you developed skills that will be beneficial for the role you're applying for, volunteer work, or projects you were a part of during school.

You'd be surprised at the number of skills you've developed during school that stand out to an employer.

Back it up!

References and testimonials

- References and testimonials are great things to include in your application as they support what you're presenting on your resumé.
- Depending on the role you're applying for, you can include brief testimonials as a part of your resumé.
- Another option is including the link to your online professional profile (i.e., LinkedIn) where an employer can read recommendations and references from others.

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Golf Fore the Cure is the largest grassroots recreational golf participation program for women in Canada, created by Golf Canada. It's all about using the sheer power of women, playing the game of golf, to make a difference in the fight against breast cancer. In the past eight years the program has exposed more than 76,000 women to the game of golf and

GOLF fore
the CURE.

Presented by:  SUBARU

raised over \$3.8 million towards the fight against breast cancer.

A future without breast cancer is the goal, and no one knows about this fight and challenge better than Tracy Kibsey, director of golf at Southside Golf Course. She overcame the odds after being diagnosed with stage three breast cancer. She underwent a progressive mastectomy, followed by many months of chemotherapy, radiation and drug therapies. That was nine years ago, and on July 8th you will find Tracy hitting balls on hole #9 for each Golf Fore the Cure participant. We call it the "pink ribbon hole" and a story of survival.

Thanks to corporate sponsors, like Winnipeg Frontier Subaru, and business community donations, Southside Golf



KZENON/VEER

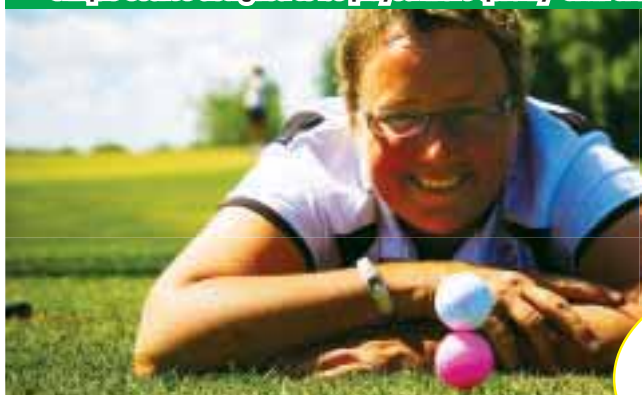
Fore the Cure Tournament will continue to grow, and to raise over \$20,000 this year for Canadian Cancer Society in support of breast cancer research.

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Blue Bombers head coach Tim Burke is confident his offence will be ready for the season-opener against the Alouettes. He is less certain about his defence.

THE CANADIAN PRESS FILE

No. 1 receiver could be a game-time call

CFL. Young, hurt Bombers hope offence heals up so they can help rookie defenders

Despite best efforts to ensure a healthy starting lineup for the CFL season-opener Thursday, Winnipeg Blue Bombers coach Tim Burke says Chris Matthews remains a question mark.

"We will know the morning of the game whether he can play or not," Burke said Tuesday after the team's No. 1 receiver last season did not attend prac-

tice.

The CFL's outstanding rookie in 2012, Matthews is nursing a minor ankle injury sustained during Sunday's practice.

But Burke was a little more optimistic Tuesday than he had been earlier about Matthews' prognosis.

"Right now, I would say it's closer to him playing than not playing," he said. "It depends on how fast he can heal up in the next 48 hours."

If he can play, missing a few days of practice won't hurt Matthews' performance, Burke said.

Receiver Terrence Edwards,

Thursday's challenge

"We have no idea what they're doing and they know what we're doing."

Blue Bombers coach Tim Burke on the season-opener vs. the Alouettes

who had off-season foot surgery, will be on the field.

"I'm really surprised at how well he's moving," Burke said of the veteran, who also topped the 1,000-yard mark last season for the fifth time as a Bomber.

"Last week I was going, 'I don't know if he's going to be

ready,' and this week he looks great."

Burke says he feels the offence is ready but he has had questions this season about his defence.

The Bombers have rookies Desha Dunn, a linebacker who could be a starter with Johnny Sears still out, defensive back Marty Markett and defensive end Freddie Harris making their debuts.

Burke says rookies can make their first game a bigger event than it should be and he's going to remind them they don't have to win it all by themselves.

THE CANADIAN PRESS

NHL

Vancouver welcomes Torts as new coach

The Vancouver Canucks found their replacement for Alain Vigneault on Tuesday, naming John Tortorella the 17th head coach in the NHL club's history.

Tortorella was let go by the New York Rangers a few weeks ago and Vigneault recently replaced him in the Big Apple. Tortorella, who has 24 years of coaching experience, won a Stanley Cup with the Tampa Bay Lightning in 2004.

He said coaching in Canada has been one of his dreams.

"To be involved with this, I couldn't be more excited," Tortorella said at a news conference. "It's always something I thought about and wanted the opportunity." THE CANADIAN PRESS

Soccer

Sinclair, Terry Fox added to Canada's Walk of Fame

As soccer star Christine Sinclair was announced as an inductee to Canada's Walk of Fame on Tuesday, she marvelled that her gutsy performance at the 2012 London Olympics is still being talked about.

"For it to still be relevant is still shocking to me," she said.

Sinclair joins legendary cancer activist Terry Fox, music producer Bob Ezrin, actor Victor Garber, pianist Oscar Peterson, actor Alan Thicke and human-rights advocates Craig and Marc Kielburger as the latest honorees to join the Walk of Fame. THE CANADIAN PRESS

Leading rusher called to Bombers HOF



Charles Roberts of the Blue Bombers tries to break a tackle against the Rough Riders during the 95th Grey Cup in November 2007 in Toronto. Roberts was inducted into the team's Hall of Fame. GETTY IMAGES FILE

Charles Roberts said he still thinks of Winnipeg as home as the Blue Bombers announced Tuesday their all-time rushing leader was going into the team's Hall of Fame.

"The meat of my life so far was spent in Winnipeg," said Roberts from Long Beach, Calif., where he works in customer service for the post office.

He says his children still talk of returning to Canada and the induction has great meaning and is "a dream come true."

"It's fulfilling a void in my

A football life

"It's all about your heart and what you're willing to put your body through."

Former Blue Bombers RB Charles Roberts

heart. I left Winnipeg in 2008 and I really haven't felt the same since."

Roberts joined the Bombers in 2001 and spent more than seven seasons with the club before being traded in September 2008 to B.C. for running back

Joe Smith.

An Achilles tendon injury led to his contract not being renewed in 2009 and, still hurt by the trade, he said he decided against trying to make a comeback.

"I was hurt when I got traded. I'm human like anyone else. I fully expected to end my career in Winnipeg," he said.

Roberts led the CFL in rushing three times (2003, 2005, 2006) and is Winnipeg's career rushing leader with 9,987 yards and 64 TDs.

THE CANADIAN PRESS

IGF just the start for new-look CFL

Pigskin renos. One down with three to go as new stadiums go up across Canada

Call it Home Improvement, the CFL Edition.

Stadiums are being replaced or refurbished at a pace probably unmatched in league history, starting this season with Investors Group Field in Winnipeg.

In 2014, the Hamilton Tiger-Cats will move into a new facility while the expansion Ottawa Redblacks are projected to call a revamped Frank Clair Stadium home. And in 2017, the Saskatchewan Roughriders are scheduled to move into a new venue to replace Mosaic Stadium.

Existing facilities in Calgary and Edmonton get upgrades this season to improve the fans' game-day experience.

The big story this year is IGF in Winnipeg.

The facility, a year behind schedule, drew rave reviews for many things: The player

areas, sightlines, comfortable seats and fancy suites and concessions.

But as 'Peggerys know, there are kinks to be worked out. Cracks in the concrete are being repaired and then there's the small matter of getting 33,400 people on and off the campus of the University of Manitoba in time to actually watch football games.

This season, the Ticats will play their home games at Alumni Stadium in Guelph, Ont., as a new \$145.7-million facility is built where Ivor Wynne Stadium used to stand.

The Ticats are scheduled to move into the venue in 2014 with the facility slated to hold the 2015 Pan American Games soccer competition as well.

Until then, the team will spend a cosy year at Alumni, which even after expansion will seat only about 13,000. The Ticats will practise at McMaster in Hamilton and also play a home game in Moncton, N.B.

When the new stadium is complete, it will initially seat 22,500 with standing room for another 1,500. But it will also



Fans cheer at the Tiger-Cats' new temporary home at Alumni Stadium in Guelph, Ont., during a pre-season game between Hamilton and Winnipeg last Thursday. AARON LYNETT/THE CANADIAN PRESS

have 700 club seats and 30 VIP suites and a potential expanded capacity of 40,000 for events such as the Grey Cup.

Ticats owner Bob Young says the new facility will generate more revenue that could go back into stadium

improvements.

"With more revenue, you can do more things," he said. "With the money we can

Capital games

\$450M

In Ottawa, a \$450-million, public-private redevelopment of Lansdowne Park is finally underway, including a 24,000-seat stadium set to open in 2014 when the Redblacks are projected to join the CFL.

make in the new stadium, it's going to be interesting to see where, between ourselves and the city, we eventually take this stadium."

Roughriders officials, meanwhile, have visited IGF to take notes, with their \$278-million project in Regina following a similar pattern of covered seating over an open field.

Riders president Jim Hopson has said he likes what he sees but suggests they will also learn from Winnipeg's mistakes.

The province, city and team are footing the bill in Regina, after a much more ambitious plan for a domed stadium failed to get federal money needed to proceed.

THE CANADIAN PRESS

NHL

Flyers pay for 'costly mistake' that was Bryzgalov

Calling the decision to sign Ilya Bryzgalov two years ago a "costly mistake," the Philadelphia Flyers will buy out the remainder of the goalie's hefty contract.

The move made Tuesday saves the team nearly \$6 million US under the salary cap for each of the next seven years. Bryzgalov was two seasons into a \$51-million, nine-year deal.

"Obviously it's a costly mistake that we made," general manager Paul Holmgren said. "You know Ilya, it's hard to fault him. I still believe he played pretty good."

Bryzgalov was 52-33-10 with a 2.61 goals-against average and a .905 save percentage in the regular season for Philadelphia.

THE ASSOCIATED PRESS



Ilya Bryzgalov GETTY IMAGES

NHL. Core values could keep cups coming to Chicago

When Rocky Wirtz took over the Chicago Blackhawks six years ago, they were among the worst teams in the NHL.

Fast forward to Tuesday, when the owner mingled with fans and friends hours after the Blackhawks flew home with the Stanley Cup for the second time in four seasons. It's been quite the turnaround, and the 60-year-old Wirtz thinks there is more to come.

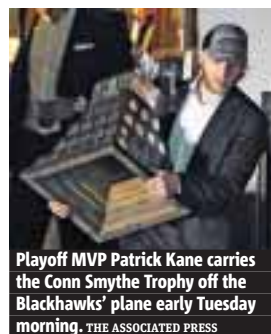
"I think we're going to see a lot of good years ahead of us," he said.

It sure looks that way.

Unlike in 2010, when the title-winning team underwent changes because of salary-cap issues, the Blackhawks will be able to bring back many of their top players next season.

Forwards Jonathan Toews, Patrick Kane, Marian Hossa and Patrick Sharp, and defence-men Duncan Keith and Brent Seabrook are all under contract for at least two more seasons. Brandon Saad, one of the finalists for the Calder Trophy, is years away from free agency.

"I think there's something about our core," said Kane, who won the Conn Smythe Trophy as MVP of the playoffs. "Hopefully we can stay together a long time, because that's two cups in four years, and we seem



Playoff MVP Patrick Kane carries the Conn Smythe Trophy off the Blackhawks' plane early Tuesday morning. THE ASSOCIATED PRESS

Free agents in Chicago

According to CapGeek.com, forwards Bryan Bickell, Michal Handzus, Viktor Stalberg and Jamal Mayers, defenceman Michal Rozsival and goalie Ray Emery are eligible for unrestricted free agency.

to only be getting better and better as players as time goes on here."

The Blackhawks lost in the first round of the playoffs in each of the previous two seasons, but general manager Stan Bowman decided to stay the course and it paid off Monday night. THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

Boston	45	33	.577	—
New York	42	34	.552	2
Baltimore	42	35	.545	2½
Tampa Bay	41	37	.526	4
Toronto	38	38	.500	6

CENTRAL DIVISION

Detroit	42	32	.568	—
Cleveland	39	36	.520	3½
Kansas City	35	38	.479	6½
Minnesota	34	38	.472	7
Chicago	31	42	.425	10½

WEST DIVISION

Texas	44	33	.571	—
Oakland	44	34	.564	½
Seattle	34	43	.442	10
Los Angeles	33	43	.434	10½
Houston	29	48	.377	15

Tuesday's results

Baltimore 6 Cleveland 3
N.Y. Yankees 4 Texas 3
Tampa Bay 5 Toronto 1
L.A. Angels at Detroit
Colorado at Boston
N.Y. Mets at Chicago White Sox
St. Louis at Houston
Atlanta at Kansas City
Cincinnati at Oakland
Pittsburgh at Seattle

Monday's results

Cleveland 5 Baltimore 2
Tampa Bay 4 Toronto 1
Wednesday's games — All Times Eastern
Toronto (Dickey 6-8) at Tampa Bay (Hernandez 4-8), 12:10 p.m.
Cincinnati (Bailey 4-5) at Oakland (Griffin 5-6), 3:35 p.m.
Pittsburgh (Gomez 2-0) at Seattle (Hernandez 8-4), 3:40 p.m.
Colorado (Oswalt 0-1) at Boston (Lackey 4-5), 4:05 p.m.
Cleveland (Kazmir 4-4) at Baltimore (Hammel 7-4), 7:05 p.m.
Texas (Grimm 6-5) at N.Y. Yankees (Pettitte 5-5), 7:05 p.m.
L.A. Angels (Hanson 4-2) at Detroit (Alvarez 1-0), 7:08 p.m.
N.Y. Mets (Marcum 0-9) at Chicago White Sox (Danks 1-4), 8:10 p.m.
St. Louis (Lynn 10-1) at Houston (Bedard 2-3), 8:10 p.m.
Atlanta (Minor 8-3) at Kansas City (Mendoza 2-4), 8:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

Atlanta	44	33	.571	—
Washington	38	38	.500	5½
Philadelphia	36	41	.468	8
New York	30	42	.417	11½
Miami	25	50	.333	18

CENTRAL DIVISION

St. Louis	47	29	.618	—
Pittsburgh	46	30	.605	1
Cincinnati	45	32	.584	2½
Chicago	31	43	.419	15
Milwaukee	31	43	.419	15

WEST DIVISION

Arizona	41	35	.539	—
Colorado	39	38	.506	2½
San Diego	39	38	.506	2½
San Francisco	38	38	.500	3
Los Angeles	33	42	.440	7½

Tuesday's results

Washington 7 Arizona 5
Minnesota at Miami
Chicago Cubs at Milwaukee
Philadelphia at San Diego
San Francisco at L.A. Dodgers
Monday's results
San Diego 4 Philadelphia 3 (10)
L.A. Dodgers 3 San Francisco 1
Wednesday's games — All Times Eastern
Minnesota (Diamond 5-6) at Miami (Koehler 1-5), 12:40 p.m.
Arizona (Miley 4-6) at Washington (Zimmermann 10-3), 7:05 p.m.
Chicago Cubs (Feldman 6-6) at Milwaukee (Gallardo 6-6), 8:10 p.m.
Philadelphia (Hamels 2-11) at San Diego (Ervin 1-0), 10:10 p.m.
San Francisco (Lincecum 4-7) at L.A. Dodgers (Kershaw 5-5), 10:10 p.m.

CFL

REGULAR SEASON

WEEK ONE

Thursday's game — All Times Eastern
Montreal at Winnipeg, 9 p.m.
Friday's games
Hamilton at Toronto, 7 p.m.
B.C. at Calgary, 10 p.m.
Saturday's game
Saskatchewan at Edmonton, 3:30 p.m.

NHL PLAYOFFS

STANLEY CUP FINAL

(Best-of-7)

CHICAGO (W1) VS. BOSTON (E4)

(Chicago wins series 4-2)

Monday's result

Chicago 3 Boston 2

RECENT CHAMPIONS

2012-13 — Chicago Blackhawks

2011-12 — Los Angeles Kings

2010-11 — Boston Bruins

2009-10 — Chicago Blackhawks

2008-09 — Pittsburgh Penguins

2007-08 — Detroit Red Wings

CONN SMYTHE TROPHY WINNERS

Stanley Cup Playoff MVP

2013 — Patrick Kane, F, Chicago

2012 — Jonathan Quick, G, Los Angeles

2011 — Tim Thomas, G, Boston

2010 — Jonathan Toews, F, Chicago

2009 — Evgeni Malkin, F, Pittsburgh

2008 — Henrik Zetterberg, D, Detroit

PLAYOFF SCORING LEADERS

	G	A	Pt
Krejci, Bos	9	17	26
Kane, Chi	9	10	19
Horton, Bos	7	12	19
Lucic, Bos	7	12	19
Bickell, Chi	9	8	17
Sharp, Chi	10	6	16
Hossa, Chi	7	9	16
Malkin, Pgh	4	12	16
Letang, Pgh	3	13	16
Bergeron, Bos	9	6	15
Crosby, Pgh	7	8	15
Chara, Bos	3	12	15

SOCCER

MLS

Saturday's games — All Times Eastern

Real Salt Lake at Toronto, 1 p.m.

Dallas at Philadelphia, 5:30 p.m.

Colorado at Montreal, 7 p.m.

Vancouver at D.C., 7 p.m.

Columbus at Kansas City, 8:30 p.m.

New England at Chivas USA, 10:30 p.m.

Los Angeles at San Jose, 10:30 p.m.

Sunday's game

Houston at New York, 2 p.m.



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9.2L/100KM 31 MPG CITY**

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The 2014 Acura MDX



ALL PHOTOS WHEELBASEMEDIA.COM

Review. Lighter, stronger, quicker and more fuel efficient, here's how Acura did it

MALCOLM GUNN
wheelbasemedia.com

For years, the term "all new" has been an abused and incorrectly applied phrase in the lexicon of automotive jargon.

However, it's exactly the right term to describe the 2014 Acura MDX. This premium-grade seven-passenger wagon shares nothing with its predecessor and also breaks new ground in content, technology and fuel efficiency. The new MDX conveys a stronger sense of luxury, especially with its "Jewel Eye" headlights that have become the signature styling item for the Acura brand.

Although cargo volume has been slightly reduced, functionality has improved with added length behind the third-row seat. There's also a flatter load floor when both rear rows are folded. The MDX has supportive front-row buckets and an adjustable second row with 15 centimetres of fore/aft travel.

That creates a decent passageway to the third row that's suitable for a couple of kids, but remains a penalty box for adults. To assist, however, there are illuminated buttons on each side and behind the second-row bench that, when pushed, make the seat slide forward for easier entry and exit.

Button clutter on the redesigned dashboard and control panel is reduced to nine

2014 Acura MDX

- **Type.** Four-door, all-wheel-drive sport utility vehicle
- **Engines (hp).** 3.5-litre DOHC V6 (290)
- **Transmissions.** Six-speed automatic
- **Base price (incl. destination)** \$51,900

Design

Of course the shape and familiar shield-type grille are dead giveaways as to the MDX's origins. But a slightly lower roofline, a 7.5-centimetre stretch between the front and rear wheels and a five-centimetre gain in overall length makes it appear larger than the tape measure suggests.

Fuel economy

It's also more fuel efficient, with an estimated 11.2 l/100 km city rating and 7.7 on the highway, bettering the previous 13.2/9.6 marks. That's close to 25 per cent better on the highway.

Engine

Another area of reduction is the 290-horsepower 3.5-litre V6 that replaces the 300-horsepower 3.7. Smaller, yes, but no one will be the wiser since the 3.5's torque rating is within three pound-feet (267 at 4,500 r.p.m. versus 270 at 5,000 r.p.m.) of the 3.7 and the lighter MDX moves as smoothly as ever.

from 41 as the rest are now incorporated into a console-mounted dial plus a touch-screen display for the audio, communications and climate-control systems.

For the driver, a simple display between the speedometer and tachometer shows basic navigation and audio info plus outside temperature, average speed and fuel consumption.

The previous MDX featured a firmed-up ride and sporty (as in high-effort) steering, but customer feedback showed that that's not the priority. The 2014 model goes the other way, now, with a more supple ride and lighter steering. The MDX drives like an upscale wagon should, but is in no way bouncy or sloppy over rough surfaces.

The finished product now rests on an all-new (there's that term again) and more rigid platform, complete with front and rear suspensions specifically designed to improve ride and reduce annoying road noises.

Acura claims the more aerodynamic body structure



The number of dash buttons drops to nine from a dizzying 41.

weighs about 55 kilograms less and, combined with other measures, contributes to a total 125-kilogram weight trimming (for comparison, the Audi Q7 is heavier by about 450 kilograms). Those numbers would improve if the U.S.-only front-wheel-drive MDX (a first for the brand) was offered in Canada.

It would also have dropped the base AWD MDX's \$51,900 list price by at least a few thousand dollars. At the upper end of the scale, the loaded-to-the gills MDX Elite tops \$67,900.

However the improved

AWD system is one of the vehicle's key strengths, considering how well it aids bad-weather grip and works with the braking system to help keep the MDX on its intended path in the turns (called torque vectoring). It certainly demonstrated its abilities by keeping the MDX on track while traversing Oregon's rain-soaked secondary roads.

No matter how you slice it, the MDX's improved status will score major points with buyers and give the proper meaning to the term "all new."

Compare



1 Infiniti JX
Base price: \$47,000



2 Buick Enclave AWD
Base price: \$46,100



3 Lincoln MKT
Base price: \$50,800

5 DRIVE

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Get cultured on Canadian cars

Autopilot. Museum in Ottawa aids patrons in their search for a 'Canadian' vehicle but finding a 'pure' one may prove an impossible task



AUTO PILOT
Mike Goetz
drive@metronews.ca

What makes a car Canadian? A canoe on the roof? A personal oil change by Don Cherry? Seat upholstery trimmed in back bacon?

Thankfully the Science and Technology Museum in Ottawa addressed the question more seriously, and in actual sheet metal, by its fantastic exhibit, In Search of the Canadian Car.

It was the brainchild of Garth Wilson, a former curator at the museum. Unfortunately he passed away shortly after the exhibit was completed in 2010. I only saw it for the first time last month. If you haven't been, you should go. About 20 really cool "Canadian" vehicles are displayed in really cool displays under various headings, such as "Designed by Canadians" or



An array of vehicles, new and old, were on show at the exhibit. MIKE GOETZ

"Made by Canadians" or "Marketed to Canadians" or "Chosen by Canadians."

The exhibit takes up the question of what is or what isn't a "Canadian" car, but doesn't answer it. Wilson wanted visitors to make up their own minds, and contribute to the discussion.

Sharon Babaian, the current curator of the museum's land and marine transportation collection, says the exhibit is very popular with patrons, but then, car stuff has always been one of the museum's biggest attractions. "Anytime we've taken the cars off the floor of the museum, we've heard about it," says Babaian.

All vehicles in the exhibit

were sourced from the museum's permanent collection. She adds that the exhibit won the very prestigious Dibner Award from the international museum and historical community in 2011, beating out a high-profile history-of-the-computer exhibit in California's Silicon Valley.

The voting committee noted how the Ottawa exhibit asked a significant question, and in a manner, "that interests, teaches and stimulates both the general public and historians."

Of course, it's only possible to have such a discussion because there really isn't a definitive Canadian car out there, in the way Ferrari says

Italy, or Toyota says Japan, or Volvo says Sweden, or Jaguar says England, etc. We have to consider cars that are connected to Canada in various way, be they fully or partially designed, engineered and built by Canadians, or be they Canadian-exclusive models with exclusive-to-Canada marketing ... that kind of thing.

And we've been dealing with "that kind of thing" since day one. As Babaian astutely points out, "our economy and the auto industry is completely integrated with the U.S., and has been almost from the beginning." She notes that even very early Canadian auto production at the turn of the last century utilized many parts and components from U.S. sources. The Auto Pact (enacted in 1965) made the Canada-U.S. industry even more integrated, and then the NAFTA agreement went on from there.

So the concept of a "pure" Canadian car never really happened, especially when you consider vehicles that sold enough to make them house hold names.

Join in the discussion at canadiancar.technomuses.ca, where you can even vote for the car you think is most Canadian.

Crash test facilities save lives

Driving force. PMG's award-winning work is part of the reason why there are less and less fatalities on our roads

JILL MCINTOSH
drive@metronews.ca

Although there are more cars on the road each year, the fatality rate in collisions is consistently dropping. It isn't because drivers are getting better, but because vehicle safety is continually improving.

Part of the process is crash testing. Most of our crash data comes from U.S. government testing, but Transport Canada also maintains a Motor Vehicle Test and Research Centre, managed by PMG Technologies in Blainville, Quebec. "We verify the compliance with Transport Canada safety standards," says Alain Bussi res, president of PMG. "We need to ensure that occupants will be protected in the passen-

ger compartment."

Vehicle standards between Canada and the U.S. are mostly harmonized, but there are a few regulations that differ, and PMG tests to ensure that the Canadian requirements are met. Transport Canada also does random "spot checks" to ensure the crash safety of high-volume vehicles. They're purchased from dealerships, rather than directly from manufacturers, to make sure they're not specially prepped and are the same as a consumer would get.

PMG does more than just slam vehicles into each other. It also tests such things as seatbelts, roof strength, brakes, bumpers and child seats. "If there is a failure, a report will be issued to Transport Canada," Bussi res says. In some cases, this could lead to the manufacturer having to issue a recall.

In addition to government testing, PMG is available as a third-party facility for automobile and component manufacturers.

While many companies have their own test facilities, they may not have some of the higher-tech equipment.

A sophisticated crash-test



A Chevrolet Volt after a rear end crash test at the PMG research centre.

Quoted

"We need to ensure that occupants are protected in the passenger compartment."

Alain Bussi res, president of PMG

only very large automakers or government agencies may have, Bussi res says.

PMG also tests more than just crashworthiness. Special chambers can freeze vehicles to -55C or heat to 85C, while its 25 km of outside test track contains numerous surfaces to check performance, handling and braking.

The facility can even handle buses, trains and airplanes and both the Vehicle Test Centre and PMG have won numerous international awards for test quality.

dummy for measuring side impacts can cost between \$300,000 and \$500,000, with a few as high as \$1 million. This is the type of equipment that

Horoscopes

Aries

March 21 - April 20

There is nothing to fear but fear itself and if you keep that thought in mind for the rest of the week, you will do very well indeed. Once you get over your anxieties, try helping loved ones get over theirs.

Taurus

April 21 - May 21

Support someone in their hour of need, even if it means you have to disrupt your schedule and fall behind in what you were doing. A friend in need is a blessing. Show how good your heart is.

Gemini

May 22 - June 21

You may have serious things to do but you must still make the most of your leisure time. The planets warn you will regret it if you work too hard when you don't have to.

Cancer

June 22 - July 23

The more others try to shout you down, the more you must raise your voice. You are entitled to hold a dissenting view, no matter how strange it may seem to traditional types.

Leo

July 24 - Aug. 23

Someone you do not entirely trust will be friendly towards you today and no doubt you will at first be suspicious. It will soon be apparent though that they genuinely want to get along with you better.

Virgo

Aug. 24 - Sept. 23

Try not to make decisions on emotion alone. You are at your best when using your head, so stay in control of your feelings and search for a rational solution to whatever happens.

Libra

Sept. 24 - Oct. 23

You may want to cut corners and take risks but others are not so bold and you will find you have to leave people behind over the next 24 hours. It's not a case of "right" or "wrong", just "different".

Scorpio

Oct. 24 - Nov. 22

What you hear today may not please you but at least you are no longer in the dark. Rivals and enemies can be dealt with once you know who they are. Try not to be too harsh!

Sagittarius

Nov. 23 - Dec. 21

Jupiter, your ruler, moves into the wealth area of your chart today, so your money situation should start to improve over the next few weeks. It will improve faster if you make things happen.

Capricorn

Dec. 22 - Jan. 20

Focus on personal relationships today, even if by doing so you have to neglect other areas such as work and social. One-to-one contacts are under excellent stars, so reach out to someone with love.

Aquarius

Jan. 21 - Feb. 19

Don't waste time moaning that some things have not gone right for you, just pick yourself up, dust yourself off and get on with it. You have what it takes to turn minor setbacks into major triumphs.

Pisces

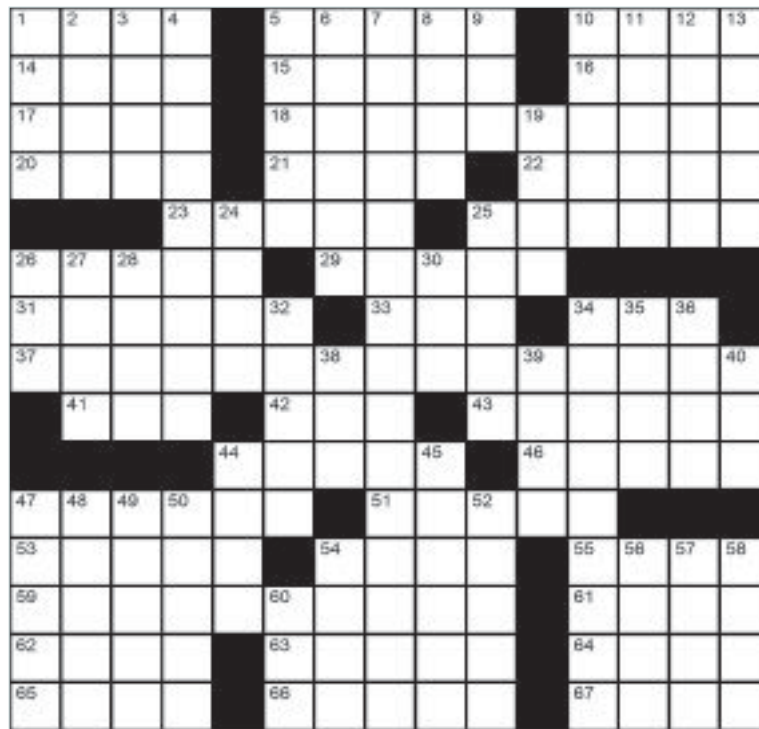
Feb. 20 - March 20

You don't have to do it all on your own. Your life is full of loved ones who will happily help you out in any way they can. If you need assistance today just ask. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Underground shopping network in Toronto
5. Chump
10. Thailand, once
14. Fertilizer component
15. "It's been ___ pleasure..."
16. Seasoned stew, ___ podrida
17. Mr. Penn
18. "Canadian Idol" judge: 2 wds.
20. Challenging
21. Give off
22. Tidal bore
23. Worth
25. Futuristic cards
26. Nile River dam
29. Low point
31. Rigid, as per discipline
33. Incurred
34. Look
37. 1972 to 1983: News-themed Canadian game show: 2 wds.
41. Quick rotation meas.
42. Cap
43. Character on HBO's "True Blood", ___ Stackhouse
44. Tartan
46. Pass, as law
47. Tie-dye wearer
51. Portia's "Ally McBeal" character
53. Arctic boat
54. Vehicle variety
55. Surfer's need



59. Kim Mitchell's pre-solo-career band: 2 wds.
61. Really inspired
62. Opposin'
63. Ms. Witherspoon
64. Not early
65. Social pages words
66. Brewery kilns
67. Prime Minister

William ___ Mackenzie King (b.1874 - d.1950)

Down

1. 1994 Moist song
2. Domain
3. Rupture
4. Margaret Atwood novel, The ___ Tale
5. Less dangerous

6. Fit snugly: 2 wds.
7. 60-second TV spot featuring Canadian history: 2 wds.
8. Retro milkshake
9. Vaudeville star Mr. Olsen (b.1892 - d.1963)
10. Up to now: 2 wds.
11. Volunteer's you-

- stay-behind words
12. Watchful
13. Puts a charge card to full use, ___ out
19. Orbital period
24. Envelope insertion [abbr.]
25. Shakespearean tragedy, ___ Andronicus
26. Elizabeth Taylor

movie, "___ Wednesday" (1973)
27. Trick' suffix
28. Shawl, for one
30. Play-
32. Novel's name
34. Manitoba town founded in 1878
35. "___ mouse!"
36. Mr. Burdon of The Animals
38. 1969: First man on the Moon ...his monogram
39. Brit rocker Mr. Gallagher
40. Arrange
44. Medieval weapon
45. Hate
47. '80s band, The ___ League
48. Reflection
49. Woman's short hairstyle, ___ cut
50. Chess pieces
52. Knowledgeable traditions
54. Between ports
56. Travelling
57. Refuse to permit
58. A famous Barbara
60. Jake to Maggie, for short

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

THURSDAY

FRIDAY



MAX: 26°
MIN: 17°



MAX: 25°
MIN: 16°



MAX: 25°
MIN: 12°



JENNA KHAN
WEATHER SPECIALIST

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HWY: 6.6L/100 KM
CITY: 10.0 L/100 KM*



3.8L GT model shown

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HWY: 5.3L/100 KM
CITY: 7.5L/100 KM*



Tech. model shown



2012 CANADIAN AND NORTH AMERICAN CAR OF THE YEAR

HWY: 5.2L/100 KM
CITY: 7.1L/100 KM*

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**2012 BEST NEW DESIGN
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